

# PICKLES



**PREPARATION**  
60 MINUTES



**SERVES**  
1 jar (3000ml)

## NUTRITION FACTS

**Per Serving: 18 kcal/ 100g**

Protein 0.6g; fat 0.1g; carbohydrates 4.1g; fibers 1.2g.

## CHEFF'S WORDS

Pickles are foods that through the fermentation process, alone or with the help of *Lactobacillus plantarum*, lower their pH, increase their acidity thus being able to be preserved for several months or over a year. In the pickling process, food is immersed in brine or a vinegar solution.

All over the world there is a wide range of foods that can be pickled, from vegetables, to fish, to meat and mushrooms, but in Romania, traditionally, pickles are especially preserved: green tomatoes, cucumbers, cabbage, cauliflower, melons, beetroot and mushrooms, and especially peppers and donuts in vinegar. Dill, cherry twigs, allspice, garlic, mustard seeds, cloves, celery, horseradish, pepper are used to flavour pickles. The brine after the fermentation process becomes dead and is strongly aromatic and sour, in some households it is consumed as such or used to sour soups

## INGREDIENTS

- 2 cloves garlic
- 5-6 grains pepper
- 3-4 bay leaves
- 2-3 sour cherry leaves
- 4-5 celery leaves
- 2 pepper
- 2 small onions
- 1 piece celery
- 10-15 dill sticks
- 1 horseradish slice
- 3-4 small cucumbers
- 10-12 gogonele (green tomatoes)
- 1 white sweet grape
- 10 thyme sticks

## DIRECTIONS

1. Use a 3-liter jar that is washed well and scalded before use. Wash the vegetables very well and drain the water. Peel the onion and cut it into wedges, clean the garlic and cut it into cloves. The horseradish root is peeled and cut lengthwise into sticks with a section of half a cm. Peel the celery and cut it into 1 cm thick slices.
3. At the bottom of the jar, place 2-3 stalks of celery with leaves, then a layer of vegetables. Don't forget to add 2-3 sprigs of thyme, 2 sticks of dill, 2-3 cloves of garlic, a few slices of onion, 2 slices of celery, 2-3 whole hot peppers and 3-4 sticks of horseradish.
4. Measure the water needed in the pot by filling the pot with water and then draining it well. As many litres of water, as many tablespoons of salt for pickling, all in a pot that goes on fire until salt is dissolved. Add peppercorns (1 spoon per 10l) and bay leaves according to taste. When the brine is cool, pour it over the vegetables and on top, arrange dill sticks as not to allow the vegetables to rise to the surface. Place a weight on top, put the lid on and store the jar in a cool place, leaving it to ferment (pickle).