



Quick Pickles

Brighten any dish up with these sweet and sour, crunchy quick pickles. You can go for the classic onions and cucumbers or try carrots, fennel, even root vegetables like swede and celeriac. Equipment: You will need a very clean 350ml jam jar.

Serves: 4, Prep time: 00:30, Cook time: 00:00

Instructions

1. Put your chosen vegetable (choose between the carrot, onion or cucumber) into a bowl and sprinkle over the sugar and salt. Massage the vegetables gently for a few minutes then squeeze out the excess moisture.
2. Pack into the clean jam jar and pour in the vinegar, plus any extra to half-fill the jar. Top up with water so that the vegetables are covered, seal with a lid and shake to combine. Leave to stand for 20 minutes before eating. Kept refrigerated the pickled will last 2 weeks.

Ingredients

- 1 Carrot, peeled into strips with a vegetable peeler
- 2 teaspoon Sugar, white
- 1 teaspoon Sea Salt
- 125 milliliters White wine vinegar (4 oz (U.S.))
- 1 Red onion, thinly sliced
- 0.25 Cucumber, thinly sliced

Recipe Tips

These are fresh pickles so best eaten within a week or so. Do feel free to use the pickling liquor a second time, but then discard.

Health Benefits of Pickles

Helps digestion. Fermented pickles are full of good bacteria called probiotics, which are important for gut health.

Fights diseases. Cucumbers are high in an antioxidant called beta-carotene, which your body turns into vitamin A. Carotene is a powerful compound that's been shown to help lower your chances of dying of heart disease, stroke, cancer, respiratory diseases, and other conditions.

May ease muscle cramps. Some athletes swear by pickle juice after exercise to quickly replace lost electrolytes. One study found that pickle juice may work slightly better than water to relieve muscle cramps. But the evidence is weak.

Curb sugar spikes. Pickle juice, specifically the vinegar in it, may help keep your blood sugar levels even. That may benefit people who are at risk for diabetes.

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