



Recipe of the Week

QUICK CUCUMBER & ONION OR RADISH PICKLES

Use this sweet, spiced liquid to make a range of easy vegetable pickles to add fresh-tasting crunch to sandwiches, burgers and other meals. The liquid can be kept in a sterilised jar in the fridge for several months, while the prepared vegetable pickles will keep covered in the fridge for 2-3 weeks.

Ingredients

- 1 litre white wine vinegar
- 2 cups sugar
- 4 sprigs fresh thyme
- 2 whole star anise
- 1 cinnamon stick
- 1 teasp fine salt
- 1 teasp pickling spice
- 1 teasp cumin seeds
- 1 teasp yellow mustard seeds

Place all ingredients in a medium saucepan and stir over moderate heat until sugar has dissolved. Bring to the boil then reduce to a simmer for 5 minutes.

Pickled Cucumber & Onion

1. Cut a telegraph cucumber into 10cm lengths then peel the flesh into ribbons, discarding the seeds.
2. Peel and finely slice a small onion into rings. Soak rings in cold water for 10 minutes, drain and pat dry with paper towels.
3. Place cucumber ribbons and onion rings in cold water for 10 minutes, drain and pat dry with paper towels.
4. Place cucumber ribbons and onion rings in a non-reactive bowl and cover with pickling liquid. Cover and chill for at least 4 hours, overnight if possible, before using.

Pickled Radish

1. Remove the tops and tails from 10 radishes

2. Using a mandolin, finely slice into rings
3. Place in a non-reactive bowl and cover with pickling liquid
4. Cover and chill for several hours before using.

Recipe courtesy Bernadette Hogg, NZ Gardener 2021 Garden Diary