Pickling: tasty way to preserve food

Many techniques have been devised to preserve food for future use, but pickling is perhaps one of the most time-boored home cooking traditions.

The technique of preserving certain foods in brine (water, salt, vinegar and spices), scaling it airtight in bottles and boiling it, dates back to the days of Napoton when this technique was devised as a way to preserve food for the French troops doing battle.

Realiting that a large percentage.

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Realiting that a large percentage of his soldiers were dying of starvation, due to food spoliage, Napoleson offered a prize of 12,000 francs (the equivalent of 3230,000 today) to the man who could develop a safe, effective way to preserve food.

A French condectioner by the name of Appert won the prize and, rondeally enough, and no ideal to the prize and, rondeally enough, and no ideal in the safe of the sate of the safe of the saf

tal discovery is what is known today as "the boiling water bath."

This form of sterilization is necessary for high neid foods such as pickies, reliabes and tomates, as well as jums, preserves and fruits, which contain a high concentration of sugar.

Stock up on essential ingredients such as vine-gars, herbs, spices and salt. Table salt should not be used for making pickies or reliabes, because indired all has a tendency to turn pickies black and cloud the brine. Pickling salt, or kosher or dairy salt, is your best bet.

Pick fruits and vegotables just before pickling. Once picked they lose color, flavor and vitamins, so process them as soon as possible!

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Make sure that you have the correct preserving jars with closures, and seal each individual jar as soon as it has been filled.

Pickling foods is a great way to preserve the frechness of some me vegetables for boilday parties and celebrations. Jean Anderson, author of "Jean Anderson's Green Thumb Preserving Guide" (Quill), suggests turning those end-of-the-season green tomatoes that will never ripen properly into pickles or piccalling.

Way there wing these foods is a creative, inexpensive way the results of the first fruits and vegetables. The recipes food is a creative, inexpensive of the property of the

2 quarts coarsely chopped, cored but unpecied hard green tomatoes (you will need about 1½ dozen 'maillaih tonatoes').

1½ cups coarsely chopped sweet green peppers 1 cup coarsely chopped syllow onlon

1½ cups coarsely chopped and seeded but unpecied firm execuble and

firm cacamber
fi cup pickling salt
l cup sugar
3 cups white vinegar
1 Type, mustard seeds
2 Type, mixed pickling spices, tied in cheesecloth

2 Tois, mixed pickling spices, tied in cheesecloth. Place tomatoes, weet pepers, onlon and cucumber in a large bowl, sprinkle with pickling sail and toss to mix. Cover and let stand overlight. Next day drain, then rinse vegetables in a large, fine sleve, pressing out as much liquid as possible. Place sugar, vinegar, mustard seeds and spice bag in a large heavy kettle and set uncovered over moderate beat. Bring to a boll, sitirring until sugar dissolves, then boll uncovered for about 10 minutes. Meanwhile, wash and rinse four 1-pint preserving jars and their closures; keep jars and closures immersed in separate keitles of simmering water until needed.

Stir drained vegetables into kettle and bring just to boiling. Ladle hot relish into hot jars, filling to

to be the state of the state of

3 blades of mace
1 thin strip of orange or lemon rind (the colored
part of the rind only)
Whole cloves (you will need 2 cloves for each apricot or peach)

part or the rind only, whole closers for each apricot or peachs. You will need 2 cloves for each apricot or peach.

Blanch the apricots or peaches, about 2 pounds at a time, in boiling water for 30 seconds. Plunge in ice water to quick-chilt, then slip off the skins, letting the peeled whole fruit fall directly into the cold acidualted water (this is to keep them from turning brown).

Place white and clder vinegars, water and rugar in a very large enamel or stainless steel kettle. The he cincamon, mace and orange or lemon rind loosely in the control of th

ketile of syrup over moderals host and bring alors, to a boil, remove spice bay.

Pack the sprichts or peaches as smuly and attractively as possible into hot preserving jars, filling to within ¼ inch of the tops. Pour enough boiling pickling syrup in each far to cover fruit, at the same time leaving ¼ inch head space. Hum a thin-blind or pitching or thick brind around inside orders of jars or release air bubbles. Whey jar rims and seal part of the state of

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complete seals if necessary. Cool completely, check seals, then label and store on a cool, dark, dry shelf. Let the apricous or peaches "season" for about one month before serving.

Ving. DILL PICKLES (Makes 25)

(Makes 25)
cup kosher salt
small kirbles (unwaxed pickling cucumbers)
whole garlic cloves, unpeeled and lightly
ushed

rerushed
1 generous bunch fresh dill
3 goverous bunch fresh dill
5 ap leave
1 tap cortainder seeds
1 tap cortainder seeds
1 tap whole black peppercorns
1 tap matiard seeds
Add the soit to 1 gallon of water and bring to a

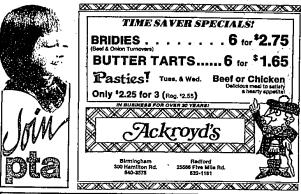
boil. Let cool thoroughly.

Choose a clean widemouthed crock, large enough to hold the cucumbers, with room for the brine to cover them by I inches. Wash and servit the cucumbers very well. They must be firm and unblemished. Put the cucumbers, garlic, and dill in the crock. Add the spices.

Pour the thoroughly cooled brine over the cucumbers by I inches. Place a clean plate on the cucumbers and set a weight on it to keep the cucumbers submerged. (A coffee mug filled almost to the top with water makes a perfect weight.) The cumbers submerged (A coffee mug filled almost to the top with water makes a perfect weight.) The hold brines press termine morphetely submerged in the brines press to make a perfect weight.) The brines press to make a perfect weight.) The cumbers submerged (A coffee mug filled almost to the brines press of adult) ellicit well of cheesecloth over the crock to keep the dust out. Place in a cool corner of the litchen.

Check the crock every day and skim off any foam or scum. As the days pass, the winy, pickly, spley smell widing not be crock will drive all resident pickle every some the sculpture of the propose of th of your household, pull them out, put th wih brine, dill, and garlie, and refrigerate

Louis Pasteur theory . . . microorganisms apoll food and can only be destroyed by heat sterilization.





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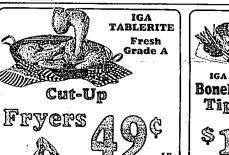
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