

# 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-honored home cooking traditions.

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

Realizing that a large percentage of his soldiers were dying of starvation, due to food spoilage, Napoleon offered a prize of 12,000 francs (the equivalent of \$250,000 today) to the man who could develop a safe, effective way to preserve food.

A French confectioner by the name of Appert won the prize and, ironically enough, had no idea how or why his discovery of sealing food airtight inside of bottles and boiling them worked.

Louis Pasteur explained the theory many years later: microorganisms spoil food and can only be destroyed by heat sterilization. Appert's monumental discovery is what is known today as "the boiling water bath."

This form of sterilization is necessary for high acid foods such as pickles, relishes and tomatoes, as well as jams, preserves and fruits, which contain a high concentration of sugar.

Stock up on essential ingredients such as vinegars, herbs, spices and salt. Table salt should not be used for making pickles or relishes, because iodized salt has a tendency to turn pickles bitter and cloud the brine. Pickling salt, or kosher or dairy salt, is your best bet.

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

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 freshness of summer vegetables for holiday 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 piccalilli.

Preserving these foods is a creative, inexpensive way to enjoy a cornucopia of fresh fruits and vegetables. The recipes for Piccalilli and Pickled Apricots or Peaches are taken from "Jean Anderson's Green Thumb Preserving Guide."

The recipe for Dill Pickles is featured in "Deli: 101 New York-Style Deli Dishes from Chopped Liver to Cheesecake" (Crown), by Sue Kreitzman.

**PICCALILLI**  
(Makes 3 to 4 pickles)

2 quarts coarsely chopped, cored but unpeeled hard green tomatoes (you will need about 1 1/2 dozen smallish tomatoes)

1 1/2 cups coarsely chopped sweet green peppers

1 cup coarsely chopped yellow onion

1 1/2 cups coarsely chopped and seeded but unpeeled firm cucumber

1/2 cup pickling salt

1 cup sugar

3 cups white vinegar

1 Tbsp. mustard seeds

2 Tbsp. mixed pickling spices, tied in cheesecloth

Place tomatoes, sweet peppers, onion and cucumber in a large bowl, sprinkle with pickling salt and toss to mix. Cover and let stand overnight. Next day drain, then rinse vegetables in a large, fine sieve, pressing out as much liquid as possible. Place vinegar, sugar, mustard seeds and pickling spices in a large heavy kettle and set uncovered over moderate heat. Bring to a boil, stirring until sugar dissolves, then boil uncovered for about 10 minutes.

Meanwhile, wash and rinse four 1-pint preserving jars and their closures, keep jars and closures immersed in separate kettles of simmering water until needed.

Strain drained vegetables into kettle and bring just to boiling. Ladle hot relish into hot jars, filling to within 1 inch of the tops. Run a thin blade spatula or knife around inside edges of jars to free air bubbles; wipe jar rims and seal jars. Process for 10 minutes in boiling water bath (212 degrees F.).

Remove jars from water bath, complete seals if necessary and cool completely. Check seals, label jars and store on a cool, dark, dry shelf.

**PICKLED APRICOTS OR PEACHES**  
(Makes 8 to 10 pickles)

6 pounds small firm-ripe apricots or peaches

1 gallon cold water mixed with 1 tsp. ascorbic acid

1 Tbsp. citric acid (acidulated water)

2 cups white vinegar

1 cup cider vinegar

3 cups water

4 1/2 cups sugar

4 cinnamon sticks, each broken in several pieces

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)

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

Place white and cider vinegars, water and sugar in a very large enamel or stainless steel kettle. Tie the cinnamon, mace and orange or lemon rind loosely in several thicknesses of cheesecloth and drop into kettle.

Set kettle, uncovered, over moderate heat and bring slowly to a boil. Working with 4 to 6 apricots or peaches at a time, lift from acidulated water, stud each with 2 cloves, then immerse uncovered for 5 minutes in the boiling syrup. Lift apricots or peaches to a large mixing bowl with a slotted spoon. Continue studing the apricots or peaches, simmering them, and transferring them to the bowl. When all have been cooked, bring the syrup to a full boil, return the peaches or apricots to the kettle and remove from the heat at once. Cover and let stand overnight at room temperature.

In the morning, wash and rinse eight 1-pint preserving jars and their closures; keep jars and closures immersed in separate kettles of simmering water until you are ready to use them.

Using a slotted spoon, lift apricots or peaches from syrup and place in a large mixing bowl. Set kettle of syrup over moderate heat and bring slowly to a boil; remove spice bag.

Pack the apricots or peaches as snugly and attractively as possible into hot preserving jars, filling to within 1/4 inch of the tops. Pour enough boiling pickling syrup in each jar to cover fruit, at the same time leaving 1/4 inch head space. Run a thin-bladed spatula or table knife around inside edges of jars to release air bubbles. Wipe jar rims and seal jars.

Process jars for 15 minutes in a boiling water bath (212 degrees F.). Remove from water bath and

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

**DILL PICKLES**  
(Makes 25)

1/2 cup kosher salt

25 small kirbies (unwaxed pickling cucumbers)

15 whole garlic cloves, unpeeled and lightly crushed

1 generous bunch fresh dill

3 bay leaves

1 tsp coriander seeds

1 dill seed

1 tsp whole black peppercorns

1 tsp mustard seeds

Add the salt to 1 gallon of water and bring to a

boil. Let cool thoroughly.

Choose a clean wide-mouthed crock, large enough to hold the cucumbers, with room for the brine to cover them by 2 inches. Wash and scrub 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 2 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 good weight.) The cucumbers must remain completely submerged in the brine. Drape a double-thick veil of cheesecloth over the crock, to keep the dust out. Place in a cool corner of the kitchen.

Check the crock every day and skim off any foam or scum. As the days pass, the winy, picky, spicy smell wafting from the crock will drive all resident pickle lovers into a state of frenzy. Be patient. In approximately 4 days (it depends on the temperature of your kitchen) the pickles will be half sour. Fish one out with tongs and cut into it to see. If you like half sour, take some out and put them in a clean jar. Four in enough of the brine to cover them. Put in some of the dill branches and garlic as well. Cover tightly and refrigerate. (They will continue to pickle, but much more slowly.) Reweigh the remaining pickles. Check every day. In approximately 10 days they will be completely sour. As they reach the point that satisfies various members of your household, pull them out, put them in jars with brine, dill, and garlic, and refrigerate.

Louis Pasteur explained the theory... microorganisms spoil food and can only be destroyed by heat sterilization.



**TIME SAVER SPECIALS!**

**BRIDIES . . . . . 6 for \$2.75**  
(Beef & Onion Turnovers)

**BUTTER TARTS..... 6 for \$1.65**

**Pasties! Tues. & Wed. Beef or Chicken**  
Delicious meal to satisfy a hearty appetite!

Only \$2.25 for 3 (Reg. \$2.55)

**IN BUSINESS FOR OVER 30 YEARS!**

**Ackroyd's**

Birmingham 300 Hamilton Rd. 840-3575

Radford 25506 Five Mile Rd. 832-1151

**Schafer's**

**24 OZ. 79¢**

**SAVE 24¢**

**AVAILABLE AT YOUR FAVORITE FOOD STORE**  
**EXPIRES 11-3-85**

**IGA**

**ORCHARD-10 IGA**  
**24065 ORCHARD LAKE RD.**  
**Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5**  
**We Feature Western Beef**

Not Responsible for Errors in Printing

**IGA TABLETTE**  
**Fresh Grade A**

**Cut-Up Fryers 49¢ LB.**

**IGA TABLETTE**  
**Boneless Sirloin Tip Roast \$1.79 LB.**

**IGA TABLETTE**  
**Assorted Sliced**

**Pork Chops 1/4 Loin 7/11 Chops \$1.39 LB.**

**IGA TABLETTE**  
**Fresh Large**

**Roasting Chickens 49¢ LB.**

**OSCAR MAYER 1 LB. PKG.**  
**Sliced Bacon \$2.29**

**IGA TABLETTE**  
**Fresh Cut**

**Chicken Breast Quarters with wings 79¢ LB.**

**HYGRADE**  
**Meat Ball Park Franks 1 LB. PKG. \$1.59**

**IGA TABLETTE**  
**Bakery**

**White Bread 69¢**

**Buttermilk Sticks 99¢**

**Coke, Diet & Reg.**

**Caffeine Free, Sprite & Squirt**

**1/2 Liter \$1.79**  
**8 Pak \$1.79 + Dep.**

**DOUBLE COUPON**

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, October 27, 1985

**Michigan J.B. No. 1 McIntosh, Jonathan or Red or Golden Delicious Apples 99¢ 5 lb. Bag**

**California Tender Broccoli 79¢ 1 lb. Bag**

**Oranges \$1.99**

**DELMONTE Fruits 16 & 17 oz. 69¢**

**Del Monte Canned Vegetables 2/88¢**

**Del Monte Canned Vegetables 69¢**

**Del Monte Canned Vegetables 75¢**

**Punch..... 99¢**

**Del Monte Canned Vegetables 69¢**

**Puddings..... 99¢**

**FAME Saltines .69¢**

**IGA BONUS COUPON**

**Del Monte Canned Vegetables 69¢**

**Hawaiian Punch..... 75¢**

**Del Monte Canned Vegetables 69¢**

**Puddings..... 99¢**

**FAME Saltines .69¢**

**IGA BONUS COUPON**

**Del Monte Canned Vegetables 69¢**

**Hawaiian Punch..... 75¢**

**Del Monte Canned Vegetables 69¢**

**Puddings..... 99¢**

**FAME Saltines .69¢**

**It's the Right Time for the Right Savings!**

**IGA**

**WOODLEY Large Eggs 69¢**

**FAME Canned 2% Low Fat Milk \$1.69**

**Pizzanate on Ched-O-Mate 89¢**