

Pickled Vegetables and Fruit



53:58

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Baking/frying basket, non-stick coating, 40 mm deep, 3055637

PROFILE

- Chilled 4°C
- 0 Full Trays
- From Scratch

- Steam
- 53:58 | -
- 1

Stage 1
60 °C

RECIPE

Ingredients

1	bunch	Any vegetable of your choice
400	ml	Vinegar, white
400	ml	Water
80	g	Sugar, granulated
20	g	Salt
265	g	For a sweet brine, use 265g of sugar

1. Food Preparation

1. Mix below ingredients and bring to a boil to make your brine 2. Cool the mixture thoroughly 3. Clean and Sanitize Jars (boiling water or steam) 4. Fill with veg/fruit and Top off with the chilled brine 5. FINGER TIGHTEN LIDS – DO NOT SCREW TIGHT 6. Cook on steam at 140f for 2 ½ hours 7. Cool on wire rack at room temperature overnight 8. As the jars cool, listen for the “pop” which means the procedure was successful. If not, eat within 7 days Can be refrigerated for up to one year Note: This recipe has been optimized for 1 qt. Jars for proper pasteurization

2. Cooking Instruction

Follow Convotherm 4 cook profile below

3. Food Serving Instruction

Serve these vegetables with your favorite foods.