

## Pickled Vegetables and Fruit



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**This recipe is available for:**

- Convotherm mini

**Accessories:**

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

P R O F I L E

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

**Stage 1**  
60 °C

Steam

26:18 | -

1

R E C I P E

**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.