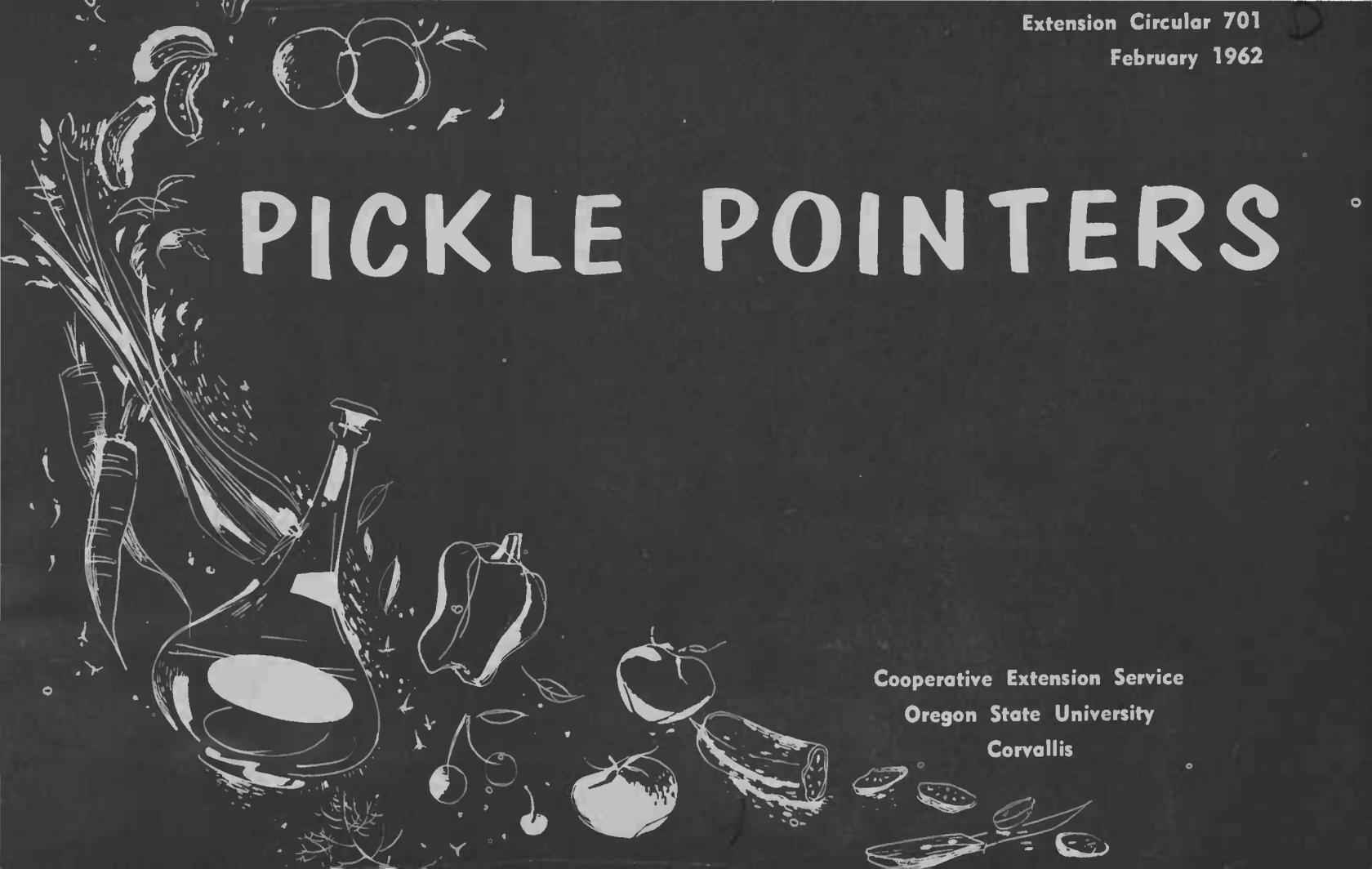


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PICKLE POINTERS



Cooperative Extension Service
Oregon State University
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pickle pointers

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Folks in Washington make many kinds of pickles. You like your own special kind of pickle or the ones mother used to make. You enjoy the spicy smell of pickle making in your kitchen and save money by making pickles at home.

Pickles give color and zest to meals. In addition to making regular cucumber or dill pickles, you can pickle other vegetables—onions, beets, beans, carrots—and fruits—peaches, apricots, pineapple, cherries, melons.

Pickles add flavor and variety to meals, but little food value. Their food value varies with the type of pickle. The sweeter the pickle, the more calories you'll get. Since pickles are used only in small amounts they contribute only a small part to food values.

pickle making

PICKLES are made in two ways: the slow, traditional way—soaking in brine and then curing to make dills or salt pickles, or adding sirup to make sour or sweet pickles—and the quick way—cooking with a sweetened vinegar sirup to make cucumber pickles and other pickled vegetables and fruits.

Using the basic recipes in this bulletin you can make the following kinds of pickles.

Genuine dills: made with cucumbers, dill seed, and weak brine. Sometimes vinegar and other spices are added. Dill pickles are prepared with weak brine so that fermentation takes place. They may be varied with garlic, caraway, or sweetening.

Mixed pickles: can be either sour or sweet. Usually they are a combination of cucumbers, onions and cauliflower. These may be either quick or slow method.

Spiced fruits and vegetables: use vinegar and spice for flavor. These quick pickles are cooked to keep the

color and firmness of the fruit or vegetable. Peaches, pears, cranberries, dates, prunes, crab apples, cherries, watermelon rinds, pineapple and apricots can all be spiced. So can cooked beets, snap beans and carrots.

Relishes, sauces, catsups and chutneys: are spiced fruits or vegetables sweetened and chopped or ground. Usually these are made quickly by cooking. In addition to the recipes in this bulletin, you'll find many recipes that suit your taste in booklets, books, and magazines.



making brined pickles



Removing blossoms from cucumbers helps keep pickles from being soft.

The right tools and facilities help make pickle making easy. To brine and cure cucumbers you'll need:

1. A 4-gallon stone jar or a wooden keg (metal won't do).
2. Granulated flake (dairy) salt *not table salt*. (Farm supply stores handle dairy salt.)
3. Patience (it takes 2 weeks or more) and a safe and sanitary place to keep the brining jar.
4. Washing equipment (to clean cucumbers so that there are no dried blossoms in the brine).
5. Glass jar of water and plate to keep the cucumbers under brine.
6. The right storage temperatures at the right time to control fermentation.
7. Scales to weigh ingredients for proper cure.

genuine dills

This is the basic recipe for dill pickles. They can be varied by adding garlic, spices or other ingredients to suit your taste.

Make genuine dills with a weak brine solution.

Equipment—4 gallon stone jars or wooden kegs, plate, quart jar, clean, thin, white cloth to cover sterilized * jar, jars with glass lids (sharp acids eat into metal lids).

Materials—

dill,
1/2 ounce mixed whole spices (if desired),
about 12 pounds (3 gallons) washed cucumbers,
1 1/2 cups granulated flake salt,
3/4 quart vinegar
10 quarts water.

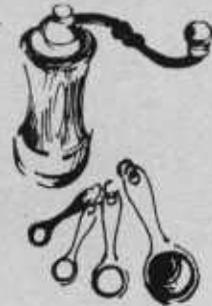
Yield—10 to 12 quarts

Method:

1. Make brine of salt, vinegar and water and bring to boil.
2. Spread one-half of dill and spice over bottom of jar or keg.

* Jars and glass lids are sterilized by holding in boiling water for 20 minutes.

3. Put in washed cucumbers. Be sure blossoms are removed.
4. Cover with dill and spice.
5. Weight down with quart jar of water on a plate so that all cucumbers are under brine.
6. Skim off the scum as it forms.
7. Let mixture ferment for about two weeks or three weeks at about 85° F. until cucumbers are well flavored with dill and clear throughout. No white spots show when product is cut.
8. Make a fresh brine and bring it to a boil.
9. Pack into sterilized glass jars and cover with a freshly made, cooled brine.
10. Seal the containers.



brined and pickled onions

A special treat, brined onions made from this recipe.

Equipment—stone jar, plate, quart jar, thin white cloth to cover jar, sterilized jars with glass lids.

Materials—

- 3 pounds small onions,
- 1 tablespoon mixed whole spices,
- 6 tablespoons granulated or dairy salt,
- $\frac{3}{4}$ cup vinegar,
- $2\frac{1}{2}$ quarts water.

Yield—about 4 pints

Method:

1. Sort, wash and peel small onions.
2. Cover for a day with cooled brine made by boiling the above proportions of salt, vinegar, and water.
3. Bring to a boil in a fresh brine the second day.
4. Chill in cold water.
5. They are ready to pickle with spiced vinegar as given on page 9. If you wish, use them plain without the pickle sirup.

brined cherries

Make brined cherries (cherry olives) the easy way with this basic recipe.

Equipment—quart measure, sterilized pint or $\frac{1}{2}$ pint jars with glass lids if possible, measuring cup.

Materials—

- 1 gallon cherries,
- 1 quart vinegar,
- $\frac{1}{4}$ cup salt,
- sterilized water.

Yield—16 half-pints.

Method:

1. Make a brine by boiling the vinegar and salt. Cool it.
2. Wash sweet cherries carefully. Leave stems on.
3. Prick cherries to allow vinegar to penetrate and pack tightly into jar.
4. Pour $\frac{1}{2}$ cup brine over cherries and tilt jar so that air spaces in jar are filled.
5. Add sterilized water to cover cherries.
6. Seal jar. In 2 weeks they can be used. As the season progresses they become sharper in flavor.

brined cucumbers

This is a basic recipe for brined cucumbers. They may be rinsed and eaten as salt pickles or be used to make other kinds of pickles by adding sugar, spice and vinegar in varying amounts to the cucumbers after they have been brined.

Equipment—4-gallon stone jar or wooden keg, plate, quart jar, scale, clean thin white cloth.

Materials—

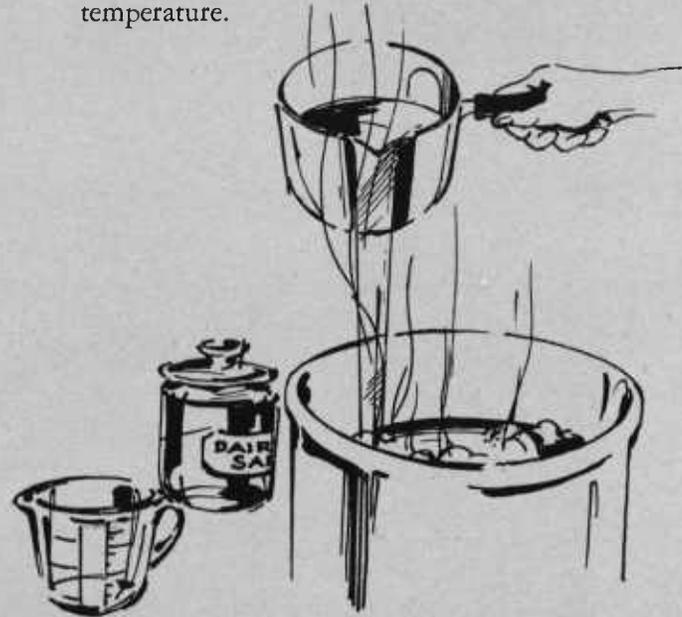
22½ ounces granulated flake salt,
12 pounds clean, blossom-free cucumbers,
6 quarts water for beginning brine,
more salt.

You do not need to use alum to harden pickles. If the correct pickling methods are used, salts and acids will give the firmness and no alum will be needed.

Method:

1. Put washed cucumbers in jar.
2. Add brine of salt and water.
3. Cover with plate and weight down with quart jar of water.
4. The next day put ¼ pound of salt on the plate to keep strength of brine.

5. After 1 week, put another ¼ pound of salt on the plate.
6. Add another ¼ pound of salt during each of the next two to four weeks.
7. Skim off the scum.
8. At the end of this 6 weeks or longer, brining or cure, the cucumbers are ready to be pickled if desired. See recipe on page 9. The time needed depends upon the size of cucumbers and storage temperature.



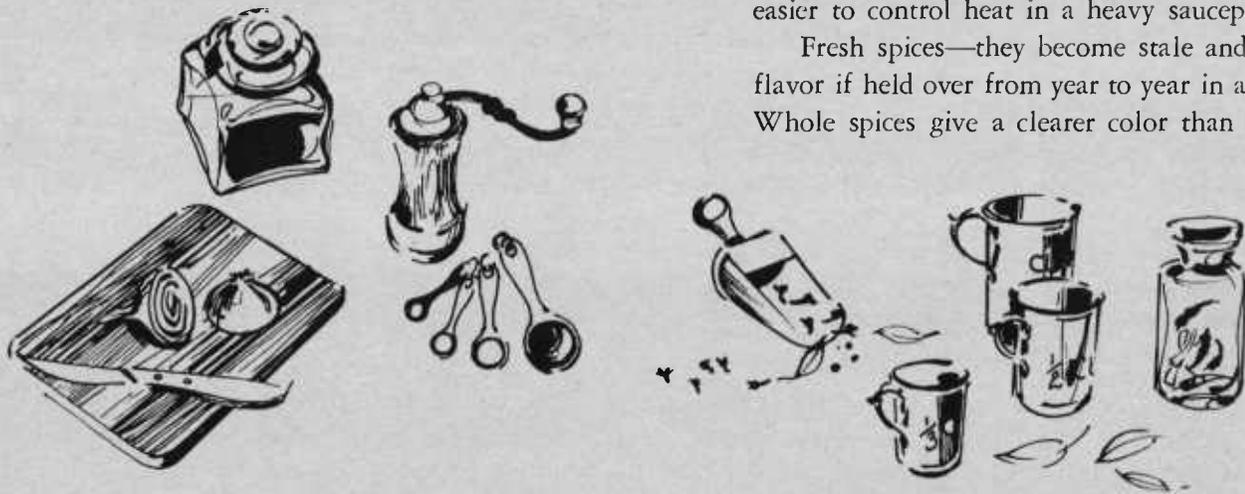
making quick pickles

To spice and make fresh pack pickles you'll need the following equipment and supplies:

Water bath canner to pasteurize the pickles.

Pickling kettle—be sure one is large enough. It is easier to control heat in a heavy saucepan.

Fresh spices—they become stale and lack richness of flavor if held over from year to year in a warm cupboard. Whole spices give a clearer color than ground spices.



Scales, measuring cups and spoons—be accurate to get expected results.

Glass canning jars and lids—the ordinary tin cans won't do for pickles. Specially coated tin ones are expensive.

Usual knives, scalding kettle, cutting board for fruit preparation.

Vinegar—for a clear sharp pickle white distilled vinegar is good. For some fruits like peaches and pineapple, the color and mildness of cider vinegar is enjoyed.

Sugar—in most cases the clear, colorless solution with white granulated sugar is preferred. Some fruits such as pineapple and dates are good with brown sugar.

basic spiced vinegar

This sirup is basic for all quick pickles. By varying the amount of sugar you can make either sour or sweet pickles. You can add different spices and herbs to suit

your taste. You'll use this sirup to make quick cucumber pickles, pickled vegetables, and fruits. For fruit pickles you will use the sweet spice vinegar.

Equipment—pickling kettle, measuring spoons and cups, scale, jars for storage of spiced vinegar, cloth for spice sack.

Materials—

vinegar—2 quarts

Salt—as desired

Spices tied in a small sack.

1½ teaspoon allspice

1½ teaspoon cloves

½ stick cinnamon

½ piece mace

Other spices or herbs—

Mustard seed, turmeric, garlic, ginger, celery seed, horseradish, cassia buds may be added to suit your taste.

Sugar—1 cup for sour pickles, 2 cups for medium pickle, 4 to 6 cups for sweet pickle.

Method:

1. Boil the sugar, vinegar and spice for 15 minutes.
2. Cool, cover, and set aside for two weeks or more before removing spice bag. Use an earthenware jar or glass jars for holding the product. Spiced vinegar which is used soon after making needs more spice.

quick dills

Equipment—clean, hot jars and lids, pickling kettle and other preparation tools.

Materials—

- 1 gallon or 4 pounds 4-inch cucumbers, cut in half lengthwise,
- 6 heads dill,
- 1 teaspoonful peppercorns,
- 6 tablespoons salt,
- 3 cups vinegar,
- 3 cups water,
- garlic if desired.

Yield—3 quarts

Method:

1. Wash and cut cucumbers.
2. Combine salt, vinegar and water and bring to a boil.
3. Pack cucumbers into hot jars.
4. Put in dill and peppercorns (and 1 or 2 cloves of garlic in each jar).
5. Pour in boiling pickle solution, adjust lid.
6. Process in boiling water bath for 10 minutes.
7. Label and store in cool, dark storeroom.

Note—If you like a sweet dill, use the basic spiced vinegar on page 9.

fruit pickles

Peaches, pears, apricots, dates, prunes, cherries, cranberries, pineapple, melon and clusters of seedless grapes can all be spiced and pickled to give color and zest to meals.

Points to remember when making fruit pickles include:

1. Cook fruit in spiced vinegar just enough to make it tender but not mushy, and to preserve the color. Peaches, pears, pineapple, apricots, and even seedless grapes become transparent when cooked. *Fruits with heavy skins need to be precooked in water until skins are quite tender before cooking in the sirup.*
2. Work with small enough batches so that you can watch products for even cooking.
3. Sirup needs to be thick enough to keep shape of fruit but not so thick that fruit becomes tough when cooked in it. Such fruits as dates and prunes need only a quick heating in the spiced vinegar to be ready for use.
4. Begin with a tried proportion and directions. Then try some of your own ideas.
5. Pasteurization (170° F.) in water bath for 10

minutes helps cut down on darkening and mold for unfermented pickles.

pickled pears, peaches, apricots or crab apples

Equipment—pickling kettle, water bath canner, clean jars and lids, measuring tools.

Materials—

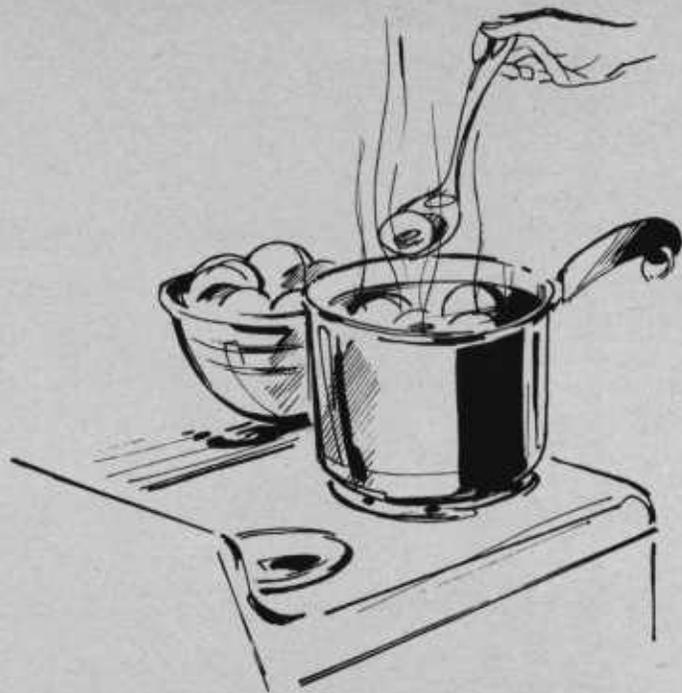
Allow 6 peach or pear halves or 8 crab apples or apricots per pint,
3 cups sugar,
1½ cups cider vinegar,
2 teaspoons grated orange or lemon rind,
1 teaspoon ground cinnamon.

Yield—8 pints

Method:

1. Combine sugar, vinegar, spices and rind and bring to a boil.
2. Carefully add the fruit a little at a time and cook until tender and translucent.
3. Pack into hot jars and add hot sirup.
4. Pasteurize in 170° F. water bath for 10 minutes.

Note—Use whole cloves in flower ends of crab apples if you wish.



Working with only a few pieces of fruit at a time means even cooking.

watermelon or ripe cucumber pickles



Pasteurizing quick pickles cuts down mold
and darkening.

Here's a special recipe for making pickles from watermelon rind or ripe cucumbers.

Equipment—pickling kettle, scales, measuring cup and knife, clean glass jars and lids.

Materials—

- 4 pounds peeled sliced rind (about 3½ quarts),
- 2 quarts cold water,
- ¼ cup salt,
- 3 cups vinegar,
- 4 cups sugar,
- 2 tablespoons whole cloves,
- 10 pieces cinnamon,
- 2 teaspoons lemon rind,
- 2 tablespoons whole allspice.

Method:

1. Soak the peeled sliced rind overnight in the 2 quarts cold water containing ¼ cup salt. This helps make it firm. Rind can be cut in fancy shapes with cookie cutter.
2. Drain and simmer slowly until tender.
3. Heat vinegar, sugar, lemon rind and loose bag of spices.
4. Add rind and cook gently until transparent or about 30 minutes. Sirup will be quite thick.
5. Remove spice bag, pack hot rind into hot, sterilized jars, add sirup and adjust lid.
6. Pasteurize in 170° F. water bath for 10 minutes.

vegetable pickles

Many different vegetables may be pickled, using spiced vinegar on page 9. Be sure that when you make pickles from fresh, low-acid vegetables such as corn, carrots, or beans you use spiced vinegar made with the full amount of vinegar called for in the basic recipe for spiced vinegar.

mixed pickles

These pickles can be made from either whole sliced cucumbers or mixed vegetables. Make them with either the sweet or medium spiced vinegar. Mustard seed and celery seed and tumeric make good seasonings.

Equipment—clean jars and lids, water bath canner, measuring utensils, mixing spoon, pickling kettle.

Materials—

- 2 quarts cauliflower flowerettes,
- 2 green peppers cut in $\frac{1}{4}$ inch strips,
- 2 red peppers cut in $\frac{1}{4}$ inch strips,
- 9 medium onions, quartered,
- 1 quart medium spiced vinegar using 1 tablespoon salt,
- 1 tablespoon mustard seed,
- 1 tablespoon celery seed,
- $\frac{1}{4}$ teaspoon turmeric

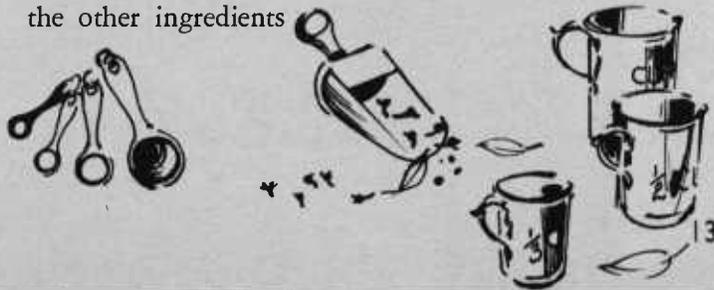
Yield—6 pints

Method:

1. Make the spiced vinegar (page 9) ahead of time.
2. Wash and cook the cauliflowerettes for 5 minutes.
3. Wash and prepare the rest of the vegetables.
4. Combine all ingredients and cook for 5 minutes.
5. Pack in clean jars and pasteurize for 10 minutes in 170° F. water bath.

catsups and chili sauce

Whether you make the long-time favorite—tomato—or other catsups—plum or peach—it's important to have good ripe fruit and fresh spices. You must sterilize the containers. Use a large shallow heavy enamel or earthen sauce pan or kettle for cooking. The color of the fruit will stay brighter if you use enamel or earthenware pans. Carefully control cooking heat. You will need to evaporate and concentrate the fruit first, then add the other ingredients



tomato catsup

Here's a basic recipe for tomato catsup.

Equipment—large kettle, measuring and cutting tools, water bath canner, bag for spices.

Materials—

- 15 pounds or about 15 pints of strained tomato puree,
- 5/8 to 3/4 cup salt,
- 2 1/2 to 4 cups sugar,
- 2 1/4 to 3 1/3 cups white vinegar,
- 3 teaspoons celery seed,
- 1 teaspoon mustard seed,
- 1 teaspoon cinnamon,
- 1 1/2 teaspoon paprika,
- 1/2 teaspoon pepper,
- 2 chopped onions.

Yield: About 7 pints

Method:

1. Make the puree by quartering tomatoes, cooking quickly and putting through a sieve.
2. Concentrate the tomato puree to about 1/2 the amount by cooking as rapidly as possible without splatter.
3. Add the salt, sugar and loose bag of whole spices and onion plus ground spices and cook. Spices need at least 30 minutes in the catsup.

4. Add the vinegar (white preferred) about 5 minutes before the catsup is done.
5. Cook again. Remove spice and onion bag.
6. Pour into hot sterilized containers and adjust lid.
7. Pasteurize for 10 minutes in water bath at 140° to 170° F.

chili sauce

Follow the recipe for tomato catsup. Use chopped peeled tomatoes rather than pureed ones. Use cider vinegar instead of the white vinegar, use 1/2 cup more. Use more onion, but chop it fine and leave pieces in chili sauce. Add chopped sweet red or green pepper. Season to taste. You might want to add 2 teaspoons cloves, 2 teaspoons allspice, 1 tablespoon cinnamon, and 1/2 teaspoon cayenne.

relishes

Relishes lend themselves well to use of end-of-the-garden products. Combine a few cucumbers with green tomatoes, vinegar and spice. Cabbage and corn may be used in relishes, too. Relishes add zip and flavor to meats, sandwiches and salads. Here is one combination—many others are possible.

green tomato relish

Yield—About 5 pints

Equipment—large pickling kettle, clean jars and lids, cutting equipment, waterbath canner, spice bag.

Materials—

- 2 pounds (5) 5-inch cucumbers, chopped
- 1½ pounds (1 quart) green tomatoes, cored and chopped
- 1½ pounds (1 quart) onions, sliced
- 4 green peppers, chopped
- 1 sweet red pepper, chopped
- 3 cups white vinegar
- 3 cups granulated sugar
- 1 tablespoon salt
- 1 tablespoon celery seed
- 1 tablespoon mustard seed

Method:

1. Wash and chop vegetables.
2. Combine vinegar, sugar, salt and spices.
3. Bring to boil, add vegetables and simmer for 10 minutes.
4. Pack boiling hot into hot jars and seal. Be sure vinegar solution covers relish.
5. Pasteurize for 10 minutes in water bath at temperature 140 to 170° F.

spiced beets, snap beans or carrots

You may want to add a tiny bit of ginger, mustard seed or celery seed to the spiced vinegar on page 9 to give personality to these spiced vegetables. Cinnamon is good for beets.

Equipment—pickling kettle, measuring tools, clean jars and lids, mixing spoon, water bath canner.

Materials—
vegetables,
spiced vinegar.

Method:

1. Cook vegetable until tender but firm. If canned vegetables are used, start with step 3.
2. Cool in cold water and peel if needed.
3. Heat the spiced vinegar (You'll probably like the medium sweet version).
4. Add the liquid from the canned vegetable to the spiced vinegar.
5. Add the vegetables and simmer for 15 minutes.
6. Pack hot into jars with spiced vinegar added.
7. Process in water bath at 170° F. for 10 minutes.

pickle puzzles

Both experienced and inexperienced homemakers sometimes have problems in making pickles. These are the answers to questions often asked:

Extremely sour pickles

Was your recipe an old one which called for weak vinegar? Check the amount of vinegar and measurements.

Hollow pickles

Did you examine cucumbers before pickling? Sometimes growth is poor. Did you gather the cucumbers when they were just the right size for pickling? Did you get them into the brine immediately after gathering?

Shriveled pickles

Did you use too strong a brine or pickle solution? Mold grows on top of quick pickles in jar and around lid

Were the pickles pasteurized in water bath with at least one inch of water covering jars? Pasteurizing cuts down on both mold and darkening.

Discolored fruit pickles

Were pieces of whole spice left in jar of fruit pickles? Or was fruit under-processed? Fruit discolors because air is present in product.

Soft and slippery pickles

Was brine too weak or cucumbers out of the brine? Keep cucumbers weighted down so they are covered with brine. A 10 per cent salt solution is good.

Dark spots on some cucumber pickles

Was there iron in the water? Or iodine in the salt? They cause blackening of pickles.

Slimy cucumbers in the brine, dill pickles get soft

Substances that speed up the break down of foods in the cucumbers and mold on the dry blossom end get into the brine. Remove blossoms completely from ends of cucumbers. *Use carefully washed cucumbers. Replace old brine with fresh brine 36 hours after cucumbers were first put into brine.*