

# Summer Pickles

By Donna Hay

**20 minutes, plus pickling time**

Preparation Time

**12 minutes**

Cooking Time

**4 cups pickling liquid**

Serves



## INGREDIENTS

375 ml (1 ½ cups) water

750 ml (3 cups) apple cider or white wine vinegar

2 tbsp raw sugar

3 tsp salt flakes

1 tsp juniper berries, lightly crushed

## Vegetable options

700 g baby carrots (approximately 2 small bunches), trimmed and halved lengthwise

400 g baby yellow and red beetroot (approximately 1 small bunch of each), scrubbed and halved or quartered lengthwise

100 g tiger beetroot (approximately 2), trimmed and sliced

## METHOD

1. Place the water, apple cider vinegar, sugar and salt in a medium saucepan on high heat, induction setting 7 and bring to the boil.
2. Add the juniper berries and reduce heat to induction setting 4 for 1 minute. Allow to cool for 5 minutes.
3. Place the carrots and beetroots in separate glass dishes and top with the hot pickling liquid. Refrigerate for 2 hours.
4. Serve as a side.

## Hints and tips

- The pickles can be stored in an airtight container in the fridge for up to 3 weeks.