



Easy Pickling

Starts With Heinz® Vinegar and Ball® Canning



- Pickling is one of the hottest culinary trends today.¹
- It's an easy way to add fresh, homemade flavors to your meals.
- Heinz Vinegar's 5% strength makes it ideal for pickling.
- All-natural Heinz Vinegar has a clean and crisp flavor that's perfect for all recipes!

Quick Pickling Guide

Step 1: Cut one pound of vegetables of your choosing.

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|-------------|--------------------|-----------------|------------|-------------------|
| • Cucumbers | • Brussels Sprouts | • Daikon Radish | • Okra | • Tomatoes |
| • Asparagus | • Carrots | • Green Beans | • Onions | • Turnips |
| • Beets | • Cabbage | • Jalapeños | • Peppers | • Watermelon Rind |
| • Bok Choy | • Cauliflower | • Mushrooms | • Radishes | • Zucchini |

For best results, cut your vegetables into equal sized pieces.

Step 2: Prepare your pickling brine.

Combine: 1 cup Heinz White Vinegar + ½ cup water + 1 tablespoon sugar + ½ tablespoon salt

Bring mixture to a boil, cook 3 minutes until salt and sugar have dissolved.

Step 3: Start pickling.

- Pack the vegetables in a warmed Ball® canning jar of your choice..
- Pour hot brine over vegetables.
- Cover and let sit at room temp for 1 hour, then refrigerate.

Refrigerate for at least 2 hours – the longer they sit the better they get!

Simple tips

- Make sure your vegetables are completely covered by pickling brine
- You may have to blanch harder, more dense vegetables such as beets, Brussels sprouts, carrots etc.
- Increase sugar and salt depending on personal taste
- The longer they sit, the better they taste!



Choose your style of pickling!

Add the ingredients below to your brine (step 2) to create a variety of flavors.

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|------------------------------------|------------------|------------------|--------------|------------------|
| Garlic Dill: Garlic | + Fresh Dill | + Pickling Spice | | |
| Latin American: Garlic | + Chilies | + Citrus | + Cumin | + Coriander Seed |
| Chinese: Ginger | + Garlic | + Scallion | + 5 Spice | + Red Chilies |
| Japanese: Daikon | + Ginger | + Wasabi | + Scallions | + Soy sauce |
| Southeast Asian: Thai Basil | + Coriander Seed | + Chilies | + Garlic | + Shallot |
| Mediterranean: Garlic | + Oregano | + Citrus Rind | + Bay Leaves | + Fennel Seed |

Trendy Pickling Ideas with Heinz® Vinegar

Mexican Style Pickled Red Onions

Delicious on tacos, burgers, pulled pork, fish or salads.

- 1lb. sliced red onion
- 3 garlic cloves, peeled and cut in half
- ½ tsp. black pepper ground
- 1 cup Heinz Cider Vinegar
- ½ tsp. cumin seed, toasted
- 1 tsp. salt
- 1 tsp. dried Mexican oregano
- 1 tsp. Sugar

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Blanch red onion in water, shock and drain and put into a pre-warmed Ball® jar.
3. Pour brine over red onions and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use within 3 months.

Cajun Bar Pickles

Great in a Spicy Cajun Bloody Mary with Lea and Perrins Worcestershire sauce!

- 1lb. okra pods, green beans or asparagus
- 4 ea. dried red chili peppers
- 1 cup Heinz White Vinegar
- 2 sprigs thyme
- ½ cup water
- 1 tsp. hot sauce
- ½ Tbsp. salt
- ½ tsp. black peppercorns
- 1 Tbsp. sugar
- ½ tsp. white peppercorns
- 4 cloves garlic, cut in half

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Put clean okra pods in a pre-warmed Ball® canning jar (remember, pickling liquid must cover all the okra).
3. Pour brine over okra and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use withing 3 months.

Simple Sweet Tarragon Bread and Butter Pickles*

- 1lb. cucumber, ¼" sliced
- 1 Tbsp. kosher salt
- 1 cup sugar
- 3 each whole cloves
- 1 cup Heinz Tarragon Vinegar
- 1 2" piece cinnamon
- 1 cup water
- 1 tsp. allspice (in sachet bag)

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Put sliced cucumber in a pre-warmed Ball® jar.
3. Pour brine over cucumbers and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use within 3 months.

**May add 2 garlic cloves, and a few sprigs of dill and swap out Tarragon vinegar for Heinz White Vinegar for a classic sweet garlic dill pickle*

Hot Giardinara

Perfect on a sandwich, especially on the classic Chicago Italian Beef, or add green and black olives and use on a Muffelatta

- ½ cup olive oil
- 4 each garlic cloves, cut in ½
- 1 cup cauliflower (small florets)
- 1 tsp. dried oregano
- 1 cup carrots ¼" dice
- 1 tsp. dried red chili flakes
- 2 each serrano peppers, sliced thin
- 1 cup Heinz Red Wine Vinegar
- ½ cup celery, ¼" dice
- ½ cup water
- ½ cup red pepper, ¼" dice
- 1 Tbsp. kosher salt

1. In a non-reactive sauce pan add olive oil and heat, sauté cauliflower, carrots, peppers, celery, red pepper and garlic until just al dente, about 3 minutes.
2. Add spices, water and vinegar and cook an additional 1 minute.
3. Pour into a pre-warmed Ball® jar and cover for 1 hour.
4. Put in refrigerator overnight.
5. Use within 3 months.

Vietnamese Pickled Carrot and Radish Slaw

- 8 oz. carrot cut into long julienne on Japanese mandolin
- ½ cup Heinz Distilled White Vinegar
- 8 oz. daikon radish, cut into long julienne on mandolin
- ½ cup sugar (palm sugar or brown sugar adds extra depth of flavor)
- 1 tsp. kosher salt

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Add vegetables to a pre-warmed Ball® container.
3. Pour brine over vegetables and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use within 3 months.

