## Recipe For Health | AUGUST 2013 SWEET PICKLES

Have an abundance of fresh cucumbers? No problem. Pickle them!

By Corporate Chef Kurt Kwaitkowski

Featured Food: cucumbers

Yield: makes 3 cups

## **Ingredients**

1 lb. (four 6-in.) cucumbers, sliced  $\frac{1}{2}$  inch thick  $\frac{1}{2}$  c. (1 small) sliced onion 1 t. celery seed  $\frac{1}{2}$  c. apple cider vinegar  $\frac{1}{2}$  c. white vinegar

1t. kosher salt 1t. whole allspice (or 1/8 t. ground allspice)

½ t. mustard seed 1 t. black peppercorns

½ c. sugar, divided ½ t. turmeric

## **Preparation**

Combine cucumbers, onions, cider vinegar, salt, mustard seed and 2 Tablespoons sugar in a sauce pan and bring to a simmer. Reduce heat to low and let cook for 10 minutes. Drain the mixture into a colander, discarding the liquid. Transfer the solids to a heatproof bowl or quart jar.

Combine 6 Tablespoons sugar, honey, celery seed, white vinegar, allspice, peppercorns and turmeric in sauce pan and bring to a boil. Pour hot mixture over the solids, pressing gently on cucumbers and onions to be sure all are covered by the brine; let container sit at room temperature until cool. Cover and refrigerate 36 to 48 hours before enjoying. Can be eaten after 24 hours, but best with longer pickling time.