



Pâté en Croûte

Pickled Cornichon, Carrot, Purple Cauliflower, Red Onion & Enoki. Old Fashion & Stone Ground Mustard

Vinegar Pickles Recipe

Pickled Carrots & Enoki Mushrooms

2 ea. carrots, peeled and cut into batonnet / A couple bunch enoki; trimmed.

Brine (one recipe for each)

3 cups (750ml) apple cider vinegar

1/3 cup (30g) sugar

1/2 Tbsp (5g) mustard seeds

A few black peppercorns

1/2 tsp (2g) curry

1 bay leaf / a couple of sprigs oregano and thyme

3 garlic cloves, crunched.

Blanch carrots for 30 sec and chill in ice water. Bring brine to a boil – cover and let simmer for 5 min. Transfer to a bowl to cool down for about 10 min. Arrange carrots in jar and cover with the brine. Cool and chill.

For the mushrooms brine, use the same recipe (without the curry). Blanching mushrooms is optional, if so – blanch them for 5 sec.

Pickled Red Onions & Purple Cauliflower

1/2 lb. (225g) red pearl onions, peeled and cut into quarters (if using large red onions, slice into rings)

1 ea. purple cauliflower, trimmed and cut into florets.

Brine (one recipe for each)

3 cups (750ml) apple cider vinegar

1 beet, peeled and cubed

1/4 cup (50g) sugar

1/2 Tbsp (5g) mustard seeds

A few black peppercorns

1 bay leaf / a couple of sprigs oregano and thyme

3 garlic cloves, crunched.

Bring brine to a boil – cover and let simmer for 5 min. Then, pour in cauliflower florets or red onions in separate jar. Cool and chill for up to 3 weeks. For longer shelflife pickles can be canned...Enjoy!

