FIRE ROASTED PICKLED VEGETABLES

An array of freshly picked vegetables lightly charred in the broiler and pickled together for later.

INGREDIENTS

4 carrots, cut crosswise into ¼-inch slices
2 large yellow or red onions, halved and sliced into ¼-inch slices
2 large jalapenos, seeded and cut crosswise into ¼-inch slices
3 green, red, yellow, or orange bell peppers, cut into ½-inch strips
4 - 6 green tomatoes, cored & quartered
8 whole garlic cloves

2 tablespoons kosher salt
2 cups of white vinegar (5% acidity)
2½ cups water
3 tablespoons + ⅝ teaspoon canning & pickling salt
1 teaspoon dried oregano
1 teaspoon cumin seeds
1 teaspoon coriander
10 black peppercorns

PREP TIME: 15 Minutes

PROCESSING TIME: 15 minutes

Makes two quarts or four pints.

FRESH
FROM
NORTH DAKOTA

DIRECTIONS

1. Divide vegetables and garlic and spread out in a single layer on two sheet pans. Sprinkle each sheet pan of vegetables with 1 tablespoon kosher salt, toss to coat well. Broil each pan of vegetables on the top rack of the oven for 8 – 10 minutes until lightly charred. Set aside to cool.

2. Make a brine by combining the vinegar, water, and canning & pickling salt in a medium saucepan over medium heat and simmer until salt dissolves.

3. Divide the roasted vegetables, minced garlic, and spices evenly between the clean hot quart or pint jars.

4. Ladle hot brine over vegetables, leaving a ½-inch headspace. Use a small plastic spatula or butter knife to press mixture down and remove any air bubbles. Wipe the rim clean.

5. Center lids on the jars, apply bands and tighten. Place jars in hot water bath (water temp should be between 190° and 210° F). Process for 15 minutes.

6. Remove jars and cool for 12 to 24 hours. Check lids to make sure they have a good seal and do not flex when center is pressed.

7. Label and date jars and store them in a clean, cool, dark, and dry place such as a pantry, cabinet, or basement. Wait at least 2 weeks before eating to allow the vegetables to develop a greater depth of flavor.

BROUGHT TO YOU BY

Agriculture Commissioner
Doug Goehring