



Food
Preservation
for Youth

Method 3: Pickling (Beg.)

Make My Refrigerator Pickles

Ingredients:

for about 4 pint jars (multiply as needed)

- ___ 3½ pounds/~14 pickling cucumbers (~4 inches long)
- ___ 2 cups water
- ___ 1 cup vinegar (5% acidity)
- ___ ¼ cup Ball® Kosher Dill Pickle Mix *
- ___ Ingredients from 'Want to Experiment?' (optional)

Equipment:

- ___ Gas or electric stovetop range with four burners
- ___ Refrigerator
- ___ Boiling water canner (or stockpot) with rack
- ___ Wide-mouth pint canning jars
- ___ Two-piece wide mouth metal canning lids and bands OR
Plastic storage caps
- ___ Jar lifter and funnel
- ___ Headspace tool
- ___ Bubble freer or narrow spatula
- ___ Liquid and dry measuring cups
- ___ Medium saucepan
- ___ Colander
- ___ Large bowl
- ___ Paring knife
- ___ Cutting board
- ___ Large spoon
- ___ Ladle
- ___ Spoon
- ___ Permanent marker
- ___ Paper towels
- ___ Food-handling gloves (recommended, but optional)
- ___ Timer (may be on oven)

* This recipe is for use with Ball® Kosher Dill Pickle Mix; other pickles mixes can be used, such as Mrs. Wages®. If you use another brand, follow the recipe and directions that come with that product.



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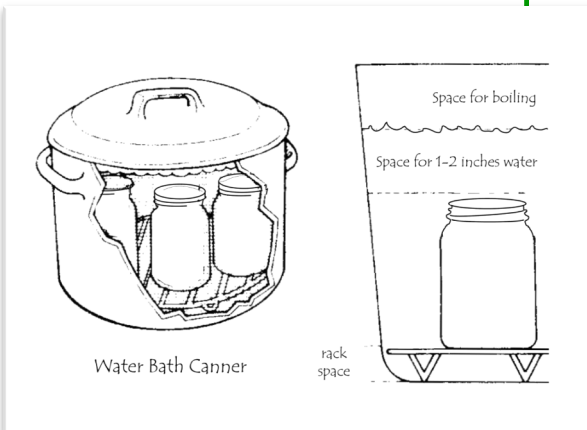
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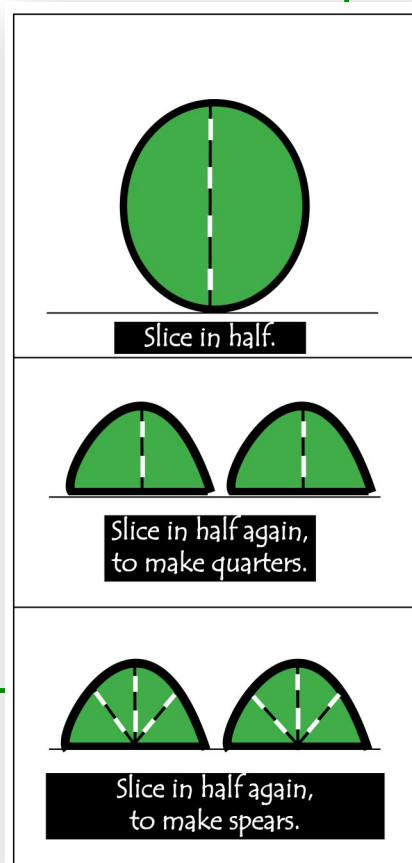
- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ___ Examine pint jars and caps/ring bands and discard any with flaws.

- ★ Sterilize empty jars by filling a boiling water canner half-full with water then lowering empty, open jars, upright, onto the rack in the canner.



- ★ Make sure water covers 1-2 inches above jars; add more water if needed. Bring water to a boil. Once boiling, set timer for 10 minutes at altitudes of less than 1,000 feet. Add 1 more minute for each 1,000 feet.

- ___ Rinse cucumbers in a colander.
- ★ Slice 1/8-inch off each end of the cucumbers.
- ★ Slice cucumbers lengthwise in half, then in half lengthwise again, then again once more, to make spears. Place in a bowl.
- ___ After timer sounds, turn off burner to allow cooling. Leave jars in the canner to stay warm.
- ___ Label lids using a permanent marker.



★ = **BE EXTRA CAREFUL!**

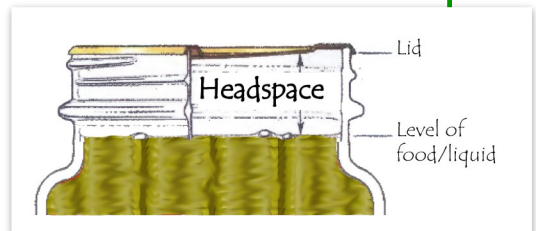


Method 3: Pickling (Beg.)

Make My Refrigerator Pickles



- ___ Measure and add water, vinegar and Ball® Kosher Dill Pickle Mix into a medium saucepan.
- ★ Stir briefly and then bring to a boil over high heat.
- ★ Turn off heat, then pour the hot pickling brine over cucumber spears in a large bowl. Let sit until the liquid cools to room temperature (about 30 minutes).
- ★ Use jar lifter to remove jars from canner and place them on a flat surface. With clean, gloved hands, pack cucumber spears to fit tightly into jars.
- ★ Ladle the brine into jars over the cucumbers, leaving $\frac{1}{2}$ -inch headspace.
- ___ Use bubble freer or spatula to release air bubbles trapped in jars. Measure headspace to check it is still $\frac{1}{2}$ -inch. Add or remove brine with a spoon if needed.
- ___ Wipe jar rims with clean, damp paper towel.
- ___ Apply lids, turning securely onto jars.
- ___ Place jars of pickles in a refrigerator.



For best flavor, refrigerate for 3 weeks before eating.

Be sure to keep the jars of pickles refrigerated, and eat them all up within 3 months!



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