

THE RECIPES



(Each recipes makes a total of 3-4 jars)

British Twist

6 carrots, $\frac{3}{4}$ cucumber

4 tsp coriander seeds, 4 tsp salt, $\frac{1}{2}$ tsp peppercorns, 1 tsp nigella seeds, 1 tsp rosemary

A little fresh mint

Fresh elderflower (if in season, if not a dash of cordial will work fine)

6 cups water, 4 $\frac{1}{2}$ cups vinegar

Arabic Inspired Pickles

$\frac{1}{2}$ water, $\frac{1}{2}$ vinegar

3 carrots, 1 cucumber, 3 garlic cloves, 3 red chilli (whole), 6 slices lemon

4 tsp nigella, 2 tsp black pepper, 1 tsp dill, 4 tsp turmeric, 4 tsp sugar, 4 tsp salt (included in your spice mix).

A sprinkle of turmeric at the end once the jar is packed.

Achaar -Afgan Pickle Recipe

Carrot, Squash, Aubergine, Cauliflower, Cucumber, Cherry tomato, Fresh Chilies, Garlic

Natural Distilled White Vinegar

4 tbs black mustard seeds, 2 tbs salt, 2 tsp dill (included in your spice mix)

Boil the vegetables first until just cooked, but still crunchy. Put into jar and cover with vinegar. It takes minimum a week to be ready once you put them all in a jar.

park Pickle

Carrots, chilli, garlic and radish

390ml water/ 900 ml water

1 tsp mustard seed, 1 tsp peppercorns, 1tsp nigella, 2 tbs salt, 2 tbs sugar (included in your spice mix)

Fresh tarragon, rosemary, dill, elderflower (if in season)

Spring pickle

Carrots, cauliflower, garlic

1 tsp angelica, 1tsp citric acid, 1tbs salt (included in your spice mix)

Fresh coriander ½ water ½ apple vinegar

Achaar inspired pickle

Pumpkin, aubergine, carrot, cauliflower (slightly boiled)

Cucumber, whole chilli, garlic

½ grape vinegar, ½ water

4 tsp mustard seed, 2 tsp coriander seed, 1tsp angelica seed (for a twist), 1tbs salt, 1 tbs chilli flakes (included in your spice mix)

Syrian Mukhalal

Cucumber, green chili peppers, garlic cloves

300 ml sterilised water

25ml white vinegar

4 tablespoon salt, 4 teaspoon sugar, 2 tsp citric acid (included in your spice mix).

Cucumber and chilli needs to be full shape, with a cut in the middle.

Sudanese Mukhalal

Sliced carrots, sliced cucumber, a whole green chilli, two garlic cloves, pinch of fresh fennel

320ml Natural Distilled White Vinegar

1.12l warm water

4 small tsp turmeric, 4tsp black seed, and 2 tbs salt

Ukrainian pickled carrots

Carrots, garlic

1.12l of water

8 tbsp of vinegar

4 tsp salt, 1 tsp sugar, 4 tsp dried dill, 4 bay leaves, 1 tbsp black pepper (included in your spice mix).

The compromise

Carrot, cucumber, radish, chilli, cauliflower

½ vinegar/ ½ water

6 sprigs fresh tarragon

1tsp nigella, 1tsp angelica, 1tsp salt, 1tsp sugar (included in your spice mix)

Dash of elderflower cordial

