



E V E R Y T H I N G

# PICKLE

\*SWEET AND SPICY PICKLES\*



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# Hi I'm Luay!

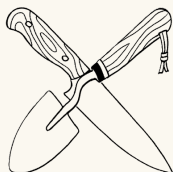
*Hey everyone! I'm Luay Ghafari, the creator, recipe developer, writer and photographer of **Urban Farm and Kitchen**, a blog dedicated to fresh garden-to-table, Levantine and Mediterranean recipes.*

Luay shares **fresh, easy** and **delicious** recipes inspired by his garden-to-table philosophy. On his blog he includes classic Levantine and Eastern Mediterranean recipes with innovative modern twists. He is passionate about preservation and shares **preservation tips, advice and recipes** to turn beautiful and nutritious homegrown produce (or a farmer's market haul) into pickles, salsas, sauces, ferments, spice mixes and more. He resides in Toronto, Ontario.

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In 2023, Luay published his first book, **Seed to Table: A Seasonal Guide to Organically Growing, Cooking and Preserving Food at Home**. It was one of the highlights of his career and a book that has been a true labor of love and represents everything he is passionate about. Find more information about the cookbook [here](#).





welcome

Can we talk about pickles? I love a homemade pickle! And honestly, they are not hard to make at all. Best of all? You don't need any complicated canning equipment or special instructions. These recipes are all refrigerator pickles, meaning that they can be made and stored in your fridge right away. They are all essentially quite foolproof. A beginner can prepare them, the recipes are quite forgiving. Let's step into the world of pickles!



## Before We Begin

# Pickling Top Tips

*Before diving in, there are some general tips and tricks you can go over to get the most out of this pickling e-book.*



## 1 Vinegar

Most recipes will call for white vinegar, in some cases other vinegars such as rice wine or apple cider vinegar is mentioned. You can generally switch the type of vinegar to your choosing as long as it is a 'light' coloured vinegar such as apple cider, rice, red wine or champagne vinegar.

## 2 Spice

Although I have included specific spicy pickles, feel free to make any of the pickles spicy. Giardiniera is particularly delicious with some added spice. You can add sliced jalapenõs, chopped chillies or even chilli flakes to add some heat!

## 3 Herbs/Flavourings

Herbs add such an incredible amount of flavour to pickles and while dill is a classic, feel free to experiment with others like rosemary, thyme, oregano etc. Similarly, whole spices are a great way to add flavour. I prefer classic pickling ones like coriander seeds, mustard seeds, black peppercorns and bay leaves. Other additions include cumin seeds, star anise, allspice etc.

## 4 Sugar

Sweetness can be increased or decreased based on preference. Though some pickle recipes do well with a larger amount of sweetness, feel free to decrease the sugar to your liking.

## 5 Refrigeration

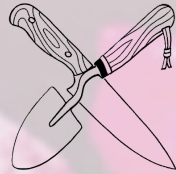
All of the pickles in this e-book are refrigerator/quick pickles. This means that they will require refrigeration and should generally be consumed within 2-4 weeks.

## 6 Jars

Most recipes indicate a suitable jar size. Feel free to jar them in smaller jars for gifting. If your jar is larger or you are using multiple smaller ones, ensure there is enough pickling liquid to cover the vegetables. If increasing the pickling liquid, increase the amount of flavourings so as not to dilute the spices or herbs.

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Prep Time  
20 minutes



Pickling Time  
4 Days



Servings  
25



Total Time  
4 Days 20 mins



# Giardiniera Pickles (Italian Pickled Vegetables)

## INGREDIENTS

### Pickling Solution

1 cup white vinegar  
1 cup white wine vinegar (see note)  
2 cups water  
2 tbsp kosher salt, pickling salt or sea salt  
3-4 tsp white sugar (use more or less if you prefer)

### Other Ingredients

1 small head of cauliflower (or half a large head)  
3-4 celery stalks  
3-4 Persian cucumbers  
8-10 mini carrots (or 3-4 regular sized carrots)  
3-4 garlic cloves, peeled  
2-3 dill sprigs  
1 tsp mustard seeds  
1 tsp coriander seeds  
1 tsp black peppercorns  
1 bay leaf

## INSTRUCTIONS

- 01 **Prepare the pickling liquid.** Combine both kinds of vinegar with the water, salt and sugar in a large bowl or measuring cup. Using a whisk, stir well to dissolve.
- 02 **Cut the vegetables.** Prepare your vegetables by cutting them into bite-sized pieces. Baby carrots can be kept whole or cut.
- 03 **Pack the jars.** To a clean 2qt/2L glass jar, add the garlic cloves, dill and spices. Pack the jars down with vegetables. Use a cocktail muddler or a spoon to press down. Make sure the jar is full with vegetables to the top, leaving about ½ inch of head space.
- 04 **Add the brine.** Carefully pour the pickling solution into the prepared jar. Tap the jar a few times to release any air bubbles. Make sure the brine is covering the vegetables all the way. Cover with a tight-fitting lid. Place it in the refrigerator and allow it to pickle for 4-5 days.

**Note.** I recommend using two different vinegars. You can use any light-colored vinegar such as apple cider vinegar, rice vinegar, red wine vinegar or champagne vinegar.



Prep Time  
20 minutes



Servings  
20



Total Time  
20 minutes

# Pickled Sweet Peppers and Onions

## INGREDIENTS

- 1 cup apple cider vinegar
- ½ cup water
- ⅔ cup sugar (use less if you prefer)
- 1 tbsp kosher salt, sea salt or pickling salt
- 1 tsp yellow mustard seeds
- 2 garlic cloves, peeled
- 2 lbs sweet peppers
- 1 onion

## INSTRUCTIONS

- 01 **Make the pickling liquid.** To a pot or small saucepan, add the apple cider vinegar, water, sugar, salt, mustard seeds and garlic cloves.
- 02 **Boil and cool the pickling liquid.** Bring the pickling solution to a boil on medium-high heat and make sure the salt and sugar are dissolved. This should only take a minute or two. Once dissolved, turn off the heat and set the pot aside to cool slightly.
- 03 **Prepare peppers and onions.** Slice the peppers and onions thinly. It's optional but you can discard the pepper seeds if you like.
- 04 **Pack the jar.** Pack your clean ¾ qt/750 ml mason jar firmly with the sliced peppers and onions.
- 05 **Pour pickling liquid.** Pour the pickling liquid over the sliced peppers and onions. Tap the jar to release any air bubbles and make sure everything is submerged in the pickling liquid.
- 06 **Seal and refrigerate.** Seal the jar and set it aside to cool completely to room temperature and then place in the fridge. The pickled peppers will be ready within 24 hours. Use within 4 weeks.



Prep Time

15 minutes



Pickling Time

4 Days



Servings

15



Total Time

4 Days 15 mins

# Levantine Pickled Cauliflower

## INGREDIENTS

- 1 cup water (hot)
- 1 cup white vinegar
- 1 tbsp kosher salt, pickling salt or sea salt
- 1 tbsp white sugar
- 1-2 cloves of garlic, peeled
- 1 lb cauliflower (cleaned and cut into bite sized florets, about 1 small head or ½ a large head)
- 1 small beetroot (peeled and cut into rings)

## INSTRUCTIONS

- 01 Prepare the pickling liquid.** In a large measuring cup, add the hot water, vinegar, salt and sugar. Using a whisk, stir well to dissolve. The warm solution should help dissolve the salt and sugar quickly, but if not, keep whisking. Eventually, they will dissolve.
- 02 Pack the jars.** To a clean 1 qt/1L mason jar, add the garlic and beetroot slices. Pack the jar down with cauliflower florets. Make sure to pack down as much as possible without crushing.
- 03 Add the brine.** Carefully pour the pickling solution into the prepared jar. Tap the jar a few times to release any air bubbles. Make sure the brine is covering the vegetables all the way with about ¼ inch clearance from the top of the jar. Cover with a tight-fitting lid.
- 04 Pickle.** Place the jar in the refrigerator to pickle for 4-5 days. The brine will turn a vibrant pink color. Enjoy!



Prep Time  
20 minutes



Pickling Time  
1 Day



Servings  
20



Total Time  
1 Day 20 mins

# Mexican Pickled Onions (Yucatan Style)

## INGREDIENTS

- 4 limes
- 1 grapefruit
- 1 tsp salt
- 1 tsp sugar
- 1 tsp black peppercorns
- 1 tsp allspice
- 1 garlic clove, peeled
- 2 red onions (sliced into thin wedges, about ¼ inch thick)
- 1 tsp dried oregano (use Mexican oregano if you have it)
- ½ cup white vinegar
- ½ cup water

## INSTRUCTIONS

- 01 **Juice the citrus.** Juice the limes and grapefruit into a measuring cup. You need about 1 cup of citrus juice.
- 02 **Spices.** To your clean mason jar or pickling jar, add the salt, sugar, peppercorns, allspice and garlic clove.
- 03 **Pack.** Pack the jar with the sliced onions. Make sure to press down and pack the onions in the jar. They will shrink as they pickle.
- 04 **Add oregano.** If using, add the oregano to the jar.
- 05 **Pour citrus.** Pour the citrus juice over the sliced onions.
- 06 **Pour brine.** Combine the white vinegar and water in a measuring cup and pour it over the onions. You want to make sure the onions are fully submerged in the citrus and vinegar brine. If needed, prepare more brine in the same one-to-one ratio to fill the jar.
- 07 **Seal and Shake.** Seal the jar and shake it up to dissolve the salt and sugar.
- 08 **Pickle.** Place the jar in the refrigerator to pickle. The onions will be ready in 24 hours, but they are best after 48 hours.



Prep Time  
30 minutes



Servings  
20



Total Time  
30 minutes



# Vietnamese Pickled Vegetables (Do Chua)

## INGREDIENTS

- 1 medium daikon
- 1-2 medium to large carrots
- 1 tbsp kosher salt, sea salt or pickling salt
- ⅓ cup white sugar
- ¾ cup water
- ½ cup rice wine vinegar

## INSTRUCTIONS

- 01 **Shred.** Using a mandoline or sharp knife, shred the daikon radish and carrot into thin, 3-inch (10 cm) strips. The goal is to have an equal amount of julienned daikon and radish.
- 02 **Salt.** Transfer the shredded daikon and carrots to a fine mesh sieve placed over a large bowl. Add the salt and mix well to incorporate. Set aside to rest for 15 minutes.
- 03 **Make the pickle solution.** While the vegetables rest, make the brine by combining the sugar, water and rice wine vinegar in a pot. Set on medium heat and stir until the sugar is completely dissolved. Set aside to cool.
- 04 **Drain.** By now, you should see a pool of liquid at the bottom of the bowl. Wash the sliced and salted daikon and carrot under cold water. Squeeze the sliced vegetables to remove as much water as possible.
- 05 **Pack.** Pack the drained sliced vegetables into a clean ¾ qt/750 ml mason jar.
- 06 **Pour the pickling liquid.** Pour the pickling solution over the vegetable mixture, making sure everything is submerged.
- 07 **Pickle.** Place the jar in the fridge and pickle for 24 hours before using.



Prep Time  
10 minutes



Servings  
20



Total Time  
10 minutes

# Quick Pickled Jalapeños

## INGREDIENTS

- 1 lb jalapeño peppers, sliced into thin rings
- 1 cup water
- 1 cup white vinegar
- 1 tbsp kosher salt or sea salt
- 2 tsp sugar (use less or more if you prefer)
- 1 garlic clove, crushed

## INSTRUCTIONS

- 01 Prep.** To a non-reactive pot, add the jalapeño peppers, water, vinegar, salt, sugar and garlic. Turn the heat on high.
- 02 Boil.** As soon as the mixture comes to a boil, turn the heat down to medium-low and simmer for 5 minutes. The jalapeños will change color from bright green to dull green.
- 03 Transfer.** Carefully transfer the hot jalapeños to a mason jar along with the pickling liquid. If there isn't enough liquid to cover the jalapeños completely, top with extra vinegar.
- 04 Seal.** Seal the jar with a lid and let it come to room temperature, then refrigerate. The jalapeños can be enjoyed as soon as they have cooled down.



Prep Time  
15 minutes



Servings  
20



Total Time  
15 minutes



# Spicy Mexican Pickled Vegetables (Escabeche)

## INGREDIENTS

### Pickling Solution

- 1 cup white vinegar
- 1 cup water
- 1 tbsp kosher salt or sea salt
- 2 tsp sugar

### Vegetables

- 1 lb jalapeños, cut into rings
- 1-2 carrots, cut into julienne strips or small rings
- 1 onion, cut into strips

### Spices and Flavorings

- 2 garlic cloves, peeled
- 1 bay leaf
- ½ tsp black peppercorns
- ½ tsp coriander seeds

## INSTRUCTIONS

- 01 **Make the pickling solution.** In a glass measuring cup, combine the vinegar, water, salt, and sugar. Whisk well to combine.
- 02 **Prepare the vegetable mixture.** In a bowl, combine the sliced jalapeños, carrots and onions evenly.
- 03 **Prepare the jar.** To your jar, add two garlic cloves, bay leaf, black peppercorns and coriander seeds. Pack with the vegetable mixture tightly. (Depending on the size of the jar, you may need more than one. Make sure to adjust the spices accordingly.)
- 04 **Pour the pickling liquid.** Carefully pour the vinegar solution over the vegetable mixture, making sure to cover everything. Cover with a lid and pickle in the fridge for at least 48 hours before using.



Prep Time

20 minutes



Pickling Time

2 Days



Servings

20



Total Time

2 Days 20 mins

# Pickled Banana Peppers

## INGREDIENTS

- 1 cup white vinegar
- 1 cup water
- 1 tbsp kosher salt, pickling salt or sea salt
- 2 tsp sugar (use less if you prefer)
- 1 tsp black peppercorns
- 1 tsp mustard seeds
- 2 garlic cloves, peeled
- 1 lb banana peppers, sliced into  $\frac{1}{4}$  inch rings, discarding the seeds if you prefer

## INSTRUCTIONS

- 01 Make the brine.** In a measuring cup, combine the vinegar, water, salt and sugar. Stir or whisk to dissolve. You can also warm up the liquid in a microwave or on a stovetop to help dissolve the salt and sugar, but it's not necessary.
- 02 Pack the jar.** To your clean  $\frac{3}{4}$  qt/750 ml mason jar, add black peppercorns, mustard seeds and garlic. Pack in the sliced peppers.
- 03 Pour the brine.** Pour the pickling brine over the peppers, making sure to cover them up all the way.
- 04 Cover and pickle.** Cover your mason jar and place it in the fridge. The peppers will need at least 2 days to pickle. They will soften over time into that soft banana pepper consistency you see in packaged pickled banana peppers.



Prep Time

15 minutes



Pickling Time

1 Day



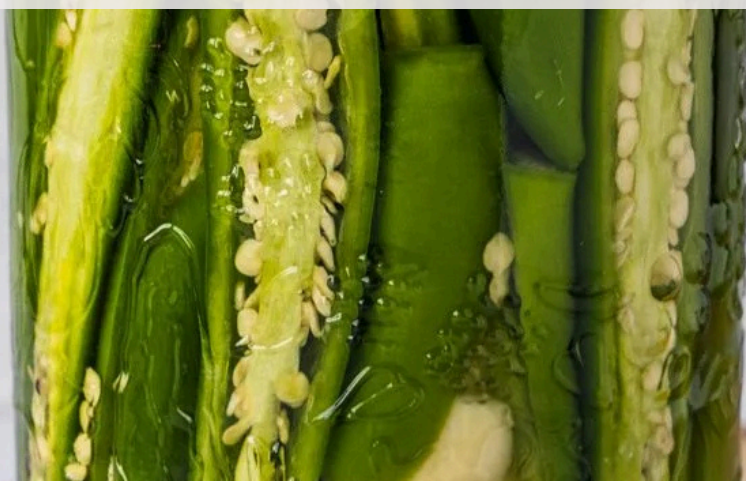
Servings

10



Total Time

1 Day 15 mins



# Pickled Serrano Peppers

## INGREDIENTS

- ½ cup filtered water
- ½ cup white vinegar
- 1 ½ tsp kosher salt or pickling salt
- 1 tsp white sugar
- 3 garlic cloves, peeled
- ¾ to 1 lb serrano peppers, stems removed and sliced in half lengthwise

## INSTRUCTIONS

- 01 **Make the pickle brine.** In a glass measuring cup, combine the water, vinegar, salt and sugar. Whisk until fully dissolved.
- 02 **Pack the jar.** To your clean 16 ounce/500 ml mason jar, add the garlic cloves and sliced serranos.
- 03 **Pour.** Pour the pickling solution over the peppers, making sure they are fully submerged, leaving about ¼ inch of head space.
- 04 **Seal and refrigerate.** Seal the mason jar and refrigerate. The serrano peppers will be ready in 24 hours.

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# Thank you

I hope these pickle recipes bring  
exceptional flavour to your table!

- Luay -



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