

Name of Recipe: Quick Carrot & Beetroot Pickles

**COVID protocols:** *Students will have hands washed & sterilised before preparing.*

- 1. Jars will be sterilised & lid attached by Des.*
- 2. Pickling Brine made by Des. Students will copy the recipe from the board into their K.G books.*
- 3. Students can **only touch** their own tools/food placed out for them.*
- 4. Des will pour the brine into each students' jar & attach the lid.*
- 5. Student will place their label on jar.*

What to collect	What to do
1 x steamer/pot ½ Carrot, peeled & cut into thin julienne (matchsticks) ½ Beetroot, peeled & cut into thin julienne (matchsticks) 1-2 washed thyme sprigs  Metal tongs Bowl ¼ tsp salt into each jar	Once the carrots and beetroots are peeled and cut into matchsticks. Steam for 1 minute until just tender with thyme sprig. Place into <b>sterilised jar</b> & add ¼ tsp salt. Des will pour brine on top & attach <b>sterilised</b> lid. Student will add their own decorated label at their table place.
Once at home, place into the fridge and you could leave for 1 week to let the flavours infuse or eat asap! Keep in fridge once	

opened and eat within 3 weeks. You can cover the partially eaten contents with a layer of oil to ensure bacteria free.

***PICKLING BRINE:***

***700 ml white vinegar (6% acidity min)***

***200 g light brown sugar***

***4 small bay-leaves***

***6 whole cloves***

***6 whole star anise***

***1 tbsp mustard seeds-any colour***

***1 tsp whole coriander seeds***

***1 tsp whole fennel seeds***

***1 tsp whole black peppercorns***

***1 tsp whole allspice berries***

***1 cinnamon stick-broken up***

***Optional:***

***Finely sliced orange rind from ½ orange***

***Pinch dried chilli flakes***

***Measure all ingredients into a large pot, stir and bring to the boil.***

***Simmer for 5 minutes to dissolve the sugar.***

***Use hot.***

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