

**Miele**

# Pickled vegetables and fruits

By Miele

**10 minutes**

Preparation time

**1 hour**

Cooking time

**Makes 2 large jars**

Serves



## INGREDIENTS

### Base pickling brine

- 500 ml (2 cups) water
- 500 ml (2 cups) white wine vinegar
- 440 g (2 cups) white sugar
- 1 tbsp salt flakes
- 1 tbsp peppercorns
- 2 tsp coriander seeds, optional

### Vegetables

- Beans, trimmed
- Jalapenos, sliced
- Red onion, thinly sliced
- Fennel bulb, thinly sliced
- Nectarines, cut into wedges
- Beetroot, steamed and thinly sliced
- Red onion, thinly sliced

## **METHOD**

1. Place the water, vinegar, sugar, salt, peppercorns and coriander seeds (if using) in a saucepan. Bring to the boil on medium-high heat, induction setting 7. Reduce heat to medium, induction setting 5 and simmer for 5 minutes.
2. Pack the produce mixture into the sterilised jars and carefully pour the vinegar mixture over the vegetables.
3. Place the lids onto the jars and place into the steam oven. Steam at 90°C for 50 minutes.
4. Store the jars in a cool dark place for up to 3 months.

### **Preserving in a Miele steam oven**

- Use clean glass jars and accessories and check them for any defects. Glass jars with twist off lids or glass lids with a rubber seal are suitable. Make sure that all the glass jars are the same size so that bottling is carried out evenly.
- After you have filled the jars with the bottled produce, clean the glass rims with a clean cloth and hot water and then seal the jars.
- Tap the jar gently onto a cloth to help distribute the contents evenly. Fill the jars with liquid. The produce must be completely covered.
- Make use of residual heat by leaving the jars in the oven for 30 minutes after it has switched off. – Then cover the jars with a cloth and allow to cool for approx. 24 hours.
- Sterilise the jars using the 'disinfect items' function on Miele steam ovens. Alternatively steam the bottles upside down for 10 minutes at 100°C

### **Preserve pickles using the following settings:**

- Cherries, plums, nectarines and peaches – 85°C for 55 minutes
- Apples and pears – 90°C for 50 minutes
- Quinces – 90°C for 65 minutes
- Beans, beetroot, fennel and other vegetables – 90°C for 50 minutes
- Onion – 85°C for 30 minutes