

PICKLED OKRA

INGREDIENTS

- 2 lbs. okra - choose small tender pods
- 3 cloves garlic peeled
- 3 tsp. canning salt
- 3 tsp. dill seed
- ¾ tsp. whole peppercorns
- 1½ cups white vinegar 5% acidity
- 1½ cups water



PREPARATION

1. Prepare jars, rings and lids as per standard canning procedure.
2. Into the sterile jars, pack as many pods of okra as possible with the tips pointing upward.
3. In each jar, add 1 whole garlic clove, 1 teaspoon of canning salt, 1 teaspoon of dill seed and 1/4 teaspoon of whole peppercorns.
4. Finish packing the jars as much as possible with additional okra, tips down, fitting the pods in tightly. Don't crush the okra.
5. Bring the vinegar and water to a boil and fill jars with it to within 1/4 inch of the rim.
6. Place lids and rings on jars and process in a boiling water bath for 10 minutes.
7. Remove jars from the canner and allow them to cool completely.
8. Let the pickles sit for 4-6 weeks to achieve the best flavor. Enjoy!

