

Pickle My Carrots

1 pound carrots, peeled and thinly sliced (julienned or sliced into sticks)
1 cup distilled white vinegar (or apple cider vinegar for a sweeter taste)
 $\frac{2}{3}$ cup water
2 tablespoons granulated sugar
1 teaspoon kosher salt
4 whole black peppercorns
2 cloves garlic, smashed (optional)
1 teaspoon dill seeds (optional)
1 bay leaf (optional)

- 1. Wash and peel the carrots. Julienne them (cut into thin matchsticks) or slice them into thin sticks depending on your preference.**
- 2. In a small saucepan, combine the vinegar, water, sugar, salt, peppercorns, garlic (if using), dill seeds (if using), and bay leaf (if using). Bring the mixture to a boil over medium heat, stirring occasionally until the sugar and salt dissolve.**
- 3. Place the sliced carrots in a clean and sterilized glass jar. Pack them tightly, but leave some space at the top (around $\frac{1}{2}$ inch).**
- 4. Carefully pour the hot pickling liquid over the carrots, ensuring they are completely submerged.**
- 5. Seal the jar tightly with a lid. Let the jar cool completely to room temperature on the counter for at least 1 hour.**
- 6. Once cool, transfer the jar to the refrigerator and let the carrots pickle for at least 3 hours, ideally overnight, for the flavors to develop fully. They will continue to pickle and become more flavorful over time, lasting up to several weeks in the refrigerator.**

To Sterilize - wash jar, then
boil it for 10 minutes

Add other spices and herbs like red pepper
flakes, coriander seeds, fresh thyme sprigs

