

Crunchy Pickled Vegetables

Makes 4 – 6 servings

May
(We Love Moms!)

Pickling liquid:

4	whole dried chili peppers
6 cloves	garlic
6 thin slices	ginger
½ tsp	Sichuan peppercorns
1 cup	water
1 cup	white vinegar
¾ cup	sugar
1 cup	carrots, julienned
1 cup	daikon, julienned
1 cup	kohlrabi, julienned
2	red Thai bird chilies (optional)

1. Combine pickling liquid ingredients in a small pot. Bring to a simmer to dissolve sugar. Let cool.
2. Pack all the vegetables in a non-reactive jar. Pour pickling liquid over vegetables to cover. Set aside for a minimum of 7 days. This will keep in the refrigerator for 6 months.

Notes:

1. Pickles stimulate the appetite. Also, the tanginess helps alleviate nausea experienced in early pregnancy.
2. Vegetables that are crunchy are perfect for pickling