FILL YOUR PANTRY

Pickling

PICKLE BASICS

Select fresh, firm, and unwaxed pickling cucumbers, and cut 1/16 inch of the blossom end. Use recommended ingredients in recipes: canning or pickling salt, white granulated sugar or brown sugar, and vinegar with 5% acidity.

SAFETY AND STEPS

Follow directions and steps of tested recipes, and process pickles in a boiling-water bath canner as directed by recipe. Pickles processed in a boiling-water bath canner for less than 10 minutes must be put in sterilized jars first.

For fermenting, use stone crockery, glass, or food-grade plastic. For quick pickles, use a heat solution in aluminum, steel, or unchipped enamel. For the best results use soft water, and use home-canned goods within one year.

STERILIZING JARS

Wash jars using soap, and rinse well. Submerge jars in boiling water for 10 minutes.

To pre-sterilize jars, place cleaned jars right-side-up on a rack in a canner and fill the jars and canner with water to 1-inch above the tops of the jars. Bring water to a boil, and boil for 10 minutes.

Remove jars one at a time when ready to begin filling them, empty water from the jars back into the canner.

TYPES OF PICKLES

<table>
<thead>
<tr>
<th>TYPE</th>
<th>CHARACTERISTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brining pickles</td>
<td>Cured in a brine (salt and water), and preserved with vinegar.</td>
</tr>
<tr>
<td>Fresh pack or quick</td>
<td>Covered in vinegar, spices, and seasonings. For best flavor, let pickles stand</td>
</tr>
<tr>
<td>quick process pickles</td>
<td>for several weeks after being sealed in jars.</td>
</tr>
<tr>
<td>Fruit pickles</td>
<td>Made with fruits and a sweet-sour syrup which includes vinegar or lemon juice.</td>
</tr>
<tr>
<td>Pickle relish</td>
<td>Made with fruits and vegetables and cooked to desired consistency in a vinegar</td>
</tr>
<tr>
<td></td>
<td>solution.</td>
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</tbody>
</table>

TROUBLESHOOTING

<table>
<thead>
<tr>
<th>Problem</th>
<th>Cause</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft or slippery pickles</td>
<td>Pickles not processed properly to destroy microorganisms.</td>
<td>Process pickles in canner after filling jars.</td>
</tr>
<tr>
<td>If spoilage is evident, do not eat</td>
<td>Blossom ends not removed from cucumbers.</td>
<td>Slice at least 1/16 inch of blossom end of cucumbers and discard.</td>
</tr>
<tr>
<td>Strong, bitter taste</td>
<td>Using salt substitutes.</td>
<td>Potassium chloride, the ingredient in most salt substitutes, causes bitterness.</td>
</tr>
<tr>
<td>Shriveled pickles</td>
<td>Overcooking or overprocessings.</td>
<td>Follow a reliable recipe exactly.</td>
</tr>
<tr>
<td>Dark or discolored pickles</td>
<td>Minerals in hard water.</td>
<td>Use soft water.</td>
</tr>
<tr>
<td>If brass, copper or zinc utensils</td>
<td>Spices left in jars of pickles.</td>
<td>Place spices loosely in cheesecloth bag so they can be removed before canning.</td>
</tr>
<tr>
<td>and brining equipment were used, do not use pickles</td>
<td>Brass, iron, copper, or zinc utensils were used.</td>
<td>Use food-grade unchipped enamelware, glass, stainless steel, or stoneware utensils.</td>
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</tbody>
</table>

For other causes and possible solutions for problems with pickles, see the National Center for Home Food Preservation website: [nchfp.uga.edu](https://nchfp.uga.edu)
**PICKLED BREAD-AND-BUTTER ZUCCHINI**

Yield: 8 to 9 pints

**Ingredients**
- 16 cups fresh zucchini, sliced (3/16 inch thick)
- 4 cups onion, thinly sliced
- ½ cup canning or pickling salt
- 4 cups white vinegar (5% acidity)
- 2 cups sugar
- 4 tablespoons mustard seed
- 2 tablespoons celery seed
- 2 teaspoons ground turmeric
- 1 bag of ice

**Procedure:**
Cover zucchini and onion with 1 inch ice water and salt. Let stand 2 hours; drain thoroughly. Combine vinegar, sugar, mustard seed, celery seed, and turmeric. Bring to a boil; add zucchini and onions. Simmer 5 minutes.

Fill jars with mixture and pickling solution, leaving ½ inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids.


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**PICKLED PEPPER-ONION RELISH**

Yield: 9 half-pints

**Ingredients**
- 6 cups finely chopped onions
- 3 cups finely chopped sweet red peppers
- 3 cups finely chopped green peppers
- 1-½ cups sugar
- 6 cups vinegar (5% acidity), preferably white distilled
- 2 tablespoons canning or pickling salt

**Procedure:**
Wash and chop vegetables. Combine all ingredients and boil gently until mixture thickens and volume is reduced by one-half (about 30 minutes).

Fill sterile jars, with hot relish, leaving ½ inch headspace, and seal tightly.

Seal tightly if refrigerating and adjust the lids for processing. Store in refrigerator and use within one month. For extended storage, process according to the recommendations.

Source: National Center for Home Food Preservation. University of Georgia Extension. [bit.ly/3f6WeST](https://bit.ly/3f6WeST)

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**PROCESSING IN BOILING WATER CANNER**

<table>
<thead>
<tr>
<th>Pack</th>
<th>Jar Size</th>
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<tbody>
<tr>
<td>Hot</td>
<td>Pints and quarts</td>
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<table>
<thead>
<tr>
<th>At altitude</th>
<th>Time</th>
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<tbody>
<tr>
<td>0 - 1,000 feet</td>
<td>15 minutes</td>
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<tr>
<td>1,001 to 6,000 feet</td>
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<tr>
<td>over 6,000 feet</td>
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**PICKLED DILLED BEANS**

Yield: 8 pints

**Ingredients**
- 4 pounds of fresh, tender green or yellow beans (5 to 6 inches long)
- 8 to 16 heads fresh dill
- 8 cloves garlic (optional)
- ½ cup canning or pickling salt
- 4 cups white vinegar (5% acidity)
- 4 cups water
- 1 teaspoon hot red pepper flakes (optional)

**Procedure:** Wash and trim ends from beans and cut into 4-inch lengths.

In each sterile pint jar, place 1 to 2 dill heads and, if desired, 1 clove of garlic.

Place whole beans upright in jars, leaving ½-inch headspace. Adjust lids and process according to the recommendations below.


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**PICKLED SWEET GREEN TOMATOES**

Yield: about 9 pints, or 4½ quarts

**Ingredients**
- 10 to 11 pounds of green tomatoes (16 cups, sliced ¼ inch thick)
- 2 cups thinly sliced onions
- ¼ cup canning or pickling salt
- 3 cups brown sugar
- 4 cups vinegar (5% acidity)
- 1 tablespoon each: mustard seed, allspice, celery seed, and whole cloves

**Procedure:** Wash and slice tomatoes and onions. Place in bowl, sprinkle with ¼ cup salt, and let stand for 4 to 6 hours. Drain.

Heat and stir sugar in vinegar until dissolved. Tie mustard seed, allspice, celery seed, and cloves in a spice bag. Add to vinegar with tomatoes and onions. If needed, add just enough water to cover pieces. Bring to a boil, and simmer for 30 minutes, stirring as needed to prevent burning. Tomatoes should be tender and transparent when properly cooked. Remove the spice bag.

Fill the jars and cover with hot pickling solution, leaving ½ inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids.


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KOSHER DILL PICKLES
Yield: 6 to 7 pints

Ingredients
- 30 to 36 cucumbers, 3 to 4 inches long
- 3 cups vinegar (5% acidity)
- 3 cups water
- 6 tablespoons canning salt
- Fresh or dried dill
- Garlic
- Mustard seed

Procedure: Wash cucumbers. Cut 1/4 inch from blossom end and discard. Leave 1/4 inch of stem attached. Make a brine of vinegar, water, and salt. Bring to a boil. Place a generous layer of dill, ½ to 1 clove of garlic (sliced), and ½ teaspoon of mustard seed in bottom of each pint jar. Pack cucumbers into the hot jars. When jars are half-filled with cucumbers, add more dill and complete packing of the jars. Fill jars ½ inch from the top with boiling brine. Remove air bubbles. Wipe the jar rims. Adjust lids. Process for 10 minutes in a boiling-water bath canner. Pickles will shrivel after processing but will later plump in sealed jar.

Source: National Center for Home Food Preservation. University of Georgia Extension.

RESOURCES

Books
So Easy to Preserve, 6th Edition: setp.uga.edu
The Ball® Blue Book

Websites and Online Videos
National Center for Home Food Preservation: nchfp.uga.edu
From Garden Gates to Dinner Plates: go.illinois.edu/CottageFoods
University of Illinois Extension Food Preservation Resources: go.illinois.edu/PreserveFood

BREAD AND BUTTER PICKLES
Yield: 12 to 13 pints

Ingredients
- 1-peck small cucumbers (¼ bushel)
- 10 cups sugar
- 12 medium onions
- 6 cups cider vinegar (5% acidity)
- 6 green peppers
- 3 teaspoons ground turmeric
- 6 cloves of garlic
- 3 teaspoons celery seed
- ⅔ cup canning salt
- 4 tablespoons mustard seeds
- 3 pounds of crushed ice (bagged), for crisping

Procedure: Thinly slice the cucumbers, onions, green peppers, and garlic. Place them all in a large pot and mix in salt. Cover with a 1-inch layer of crushed ice. Let the mixture stand for 3 hours, remove the remaining ice, and drain (and squeeze) the cucumber mixture thoroughly to get rid of excess moisture.

In a large stockpot over medium heat, dissolve sugar, vinegar, turmeric, celery seed, and mustard seeds. Once it is all dissolved, add the cucumber mixture, and stir to make sure everything is fully combined. Heat the cucumber mixture just to a boil and let simmer for 1 minute.

Ladle cucumber mixture into hot pint jars, leaving ¾ inch of space at the top. Ladle liquid over the cucumbers until there is ¼ inch of headspace. Adjust the lid, and secure the rims. Process jars in a boiling-water bath canner for 10 minutes.

Store pickles in a cool, dry place, and enjoy them within a year for best quality.

Source: Purdue Extension

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