

Pickled Grapes

- LiWen Chang, Nom Nom Taiwan

This delicious mild brine works well for pickling fruits*, and makes enough for approximately 3 pint sized jars.

INGREDIENTS

- 1.5 lbs of purple or black grapes
- 6 bay leaves
- 1 cinnamon stick
- 2 tsp mustard seeds
- 2 cups vinegar (rice or white wine)
- 1 cup sugar
- 1/2 cup water
- 1 tsp salt
- 1 tsp black pepper (optional)

DIRECTIONS

- Wash grapes and put into clean glass jars.
- Combine all other ingredients in a pot and bring to a boil. (This liquid is called the brine.)
- Once it boils, turn off the heat and let brine cool for 10 minutes.
- Pour the brine over the grapes, close with a lid.
- Refrigerate the jars for at least a week.
- Strain and keep the grapes refrigerated for up to 3 months.
- Enjoy!

*PRO TIPS

- *Save the brine!* It can be used again by pouring over other fruit / veggies packed in a clean, dry jar. No need to heat it again.
- This brine recipe and method also works well with plums, apples, red onion, and root veggies. For watermelon rinds let the brine cool first.

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