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*Intuitive Holistic Health Counseling*

*Eat Real Food and Make Your Life Better*



## **Bread and Butter Pickles**

*Adapted from the 75<sup>th</sup> Anniversary Edition of Joy of Cooking Makes about five 1-pint jars*

- 2 1/2 pounds of Kirby cucumbers
- 1 pound onions, sliced thin
- 3 tablespoons pickling or canning salt
- 2 cups distilled white vinegar
- 2 cups sugar
- 1 tablespoon mustard seeds
- 1 teaspoon crushed red pepper flakes (optional)
- 3/4 teaspoon celery seeds
- 3/4 teaspoon turmeric
- 3/4 teaspoon ground cloves

Wash, then slice 1/8 inch from each end of the cucumbers then cut into 1/4 inch thick slices. Peel the onion and cut the same way as the cucumber. Combine the cucumbers and onions in a large mixing bowl add just enough water to cover the vegetables. Then add the salt. Mix well to dissolve. Cover with a clean wet towel, and then top the towel with 2 inches of ice. Refrigerate for 3 to 4 hours. Discard the ice; drain the vegetables, rinse, and drain again.

Combine in a 4-quart pot the vinegar, sugar, and spices. Bring it to a boil over high heat. Add the vegetables and continue to heat until the liquid just begins to boil again. Remove the pot from the heat. Using a slotted spoon, place the vegetables into clean mason jars. Add the cooking liquid to each jar approximately 1/2 inch from the top. Place the lids on the jars and refrigerate. The pickles are ready to eat after 24 hours and should hold for 4-6 weeks in the refrigerator.

## **Asian Style Coleslaw**

*From [culinaryphilosopher.com](http://culinaryphilosopher.com)*

Dressing:

- 2 tablespoons rice vinegar
- 2 tablespoons sugar
- 1 tablespoons minced fresh ginger
- 1/4 - 1/2 teaspoon kosher or sea salt (to taste, but it is helpful to add some salt to the dressing)
- 2 tablespoon sesame oil

Combine all of the ingredients well. The most important thing is to get the salt and sugar dissolved. I have found it useful to combine all of the ingredients except the sesame oil and use that "seasoned" vinegar to flavor vegetables of all types applying sesame or other oils after they have been tossed in the seasoned vinegar.

- 1 pound shredded green cabbage
- 1 medium carrot, peeled and shredded
- 2 scallions, sliced very thinly on a diagonal (in the restaurant we say "cut on the bias")
- 1 tablespoon toasted white sesame seeds
- 1 tablespoon toasted black sesame seeds

Combine all of the ingredients in a large mixing bowl, add the seasoned vinegar, toss to coat. Finally, add the sesame oil (unless you already incorporated it into the dressing) and let stand for at least 1/2 hour. Toss the salad again before you serve it.