

MINUS8



Pickling Beans with
Minus 8 Vinegar

Adapted From A Raisin and A Porpoise by **janet**

Ingredients

- green or wax beans, or a combination
- 1/4 c kosher salt
- 2 cups white vinegar 1/2 Veget8 Vinegar
- 2 1/2 cup spring water
- whole dried red chiles (bird chiles), or crushed pepper flakes
- garlic cloves, peeled
- whole cumin seed
- whole brown mustard seed
- whole coriander seed
- turmeric (fresh or dried)
- fresh grated ginger

Prepare your canning pot, your jars, and their lids.

Make the brine: combine water, vinegar & salt in a 4 quart saucepan, and set aside.

Trim the green beans: cut the stem end (I never bother trimming the tail whisker off) from a bean, aiming for such a length that when standing in the jar, said bean reaches to just under the thread (1/2" clearance to the rim). Use this Bean Of Indicative Length as a guide to trim and stockpile the remaining beans. Chortle to yourself that your precision and calm have gamed my system, but don't discard the odd lengths of bean just yet.

Into each jar, drop one garlic clove, one red pepper (or a pinch of pepper flakes), a pinch of each spice, and a scratch of fresh ginger. With clean hands, begin to pack the jars with beans, getting them as tightly wedged in there as you can without bruising or shredding them. A chopstick might be helpful; at least in

theory you can poke it in and make a little space for a bean. Use the odd lengths of bean as needed to make sure things are super snug in beanville. Use a small sharp knife to trim anything poking up higher than the lower rim of the jar.

When all the jars have been packed, heat the pot of brine over medium heat to a low boil. Ladle the hot brine into the jars, filling to 1/4" from the top. Wipe rims, center lids and apply bands, fingertip tight, moving jars to the canner rack as they are completed. Lower the rack, cover the pot and return to a low boil. Process jars for 10min (pints or quarts), counting from the time the water returns to a boil. Remove canner lid and allow jars to cool at least 5 minutes in the water before removing them to a folded towel; cool completely before removing bands and labeling for storage. Sealed jars will keep for at least a year; once opened, keep refrigerated.