

Dill Pickles with Garlic

From *Clearly Delicious An Illustrated Guide to Preserving, Pickling & Bottling*

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There are many recipes for dill pickles, also sometimes called kosher pickles. In this recipe, water is mixed with wine vinegar to make a mild pickle. However, when water and vinegar are mixed, the acetic acid is diluted and the preserving quality of the vinegar is reduced. These pickles must therefore be kept in the refrigerator and used with 2-3 months.

Ingredients:

- 3 large garlic cloves
- 10-12 cucumbers
- 1 bunch fresh dill
- 2 1/3 cups water
- 3 2/3 cups of white wine vinegar
- 1/3 cup sea salt
- 2 tsp Pickling Spice
- 1 tsp dill seeds
- 1 tsp whole black peppercorn

1. Cut cucumbers into thin slices.
2. Peel the garlic cloves and pack them into sterilized jar with cucumbers and sprigs of dill.
3. Pour the water and white wine vinegar into a saucepan and add the salt, pickling spices, dill seeds, and black peppercorns. Bring to boil, and boil rapidly over high heat for 3 minutes. Leave to cool.
4. Pour the cooled mixture over the cucumbers to cover them by 1/2 inch.
5. Seal the jar and label. Keep in the refrigerator for 3 weeks before using to allow the flavors to develop.



Early Spring Salad

Ingredients:

1 Can Chickpeas, drained and washed
1 Cup Peas or something crunchy from the garden
2 Cups fresh baby spinach
7 radishes, quartered
2 small beets cut into bite-sized pieces
1 Tablespoon fresh mint or parsley, chopped finely
¼ Cup plain yogurt
Spoons
Juice from ½ a lemon
2 Tablespoons olive oil
Salt and pepper to taste

Tools:

Collander
Large and Small Bowl
Knives
Cutting Boards
Whisk
Serving spoons
Measuring Cups and

Directions:

- 1) In a large bowl, combine chickpeas, peas, spinach, radishes, and beets.
- 2) In a smaller bowl, whisk together the herbs, yogurt, lemon, and olive oil.
- 3) Pour the yogurt sauce over the salad and toss to combine. Add salt and pepper to taste.

Nut-free Arugula and Basil Pesto

Pair allergy-friendly sauce and one of the better brands of gluten-free noodles.

Serves 6

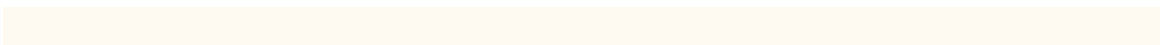
Free of: All top allergens, except dairy

Ingredients

- 1 bunch fresh arugula, washed
- 2 cups (475 mL) fresh basil leaves, washed
- ½ cup (125 mL) freshly grated Parmesan cheese
- 1 cup (250 mL) olive oil
- Salt and pepper to taste

Method

1. Combine all ingredients in a blender or food processor until smooth.
2. Toss pesto with cooked linguine or rice noodles (for gluten-free) and enjoy.



Fresh Basil Pesto Recipe

Can be prepared with or without nuts

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Shelburne Farms Clothbound cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or almonds
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

METHOD

1 Combine the basil in with the nuts, pulse a few times in a food processor. Add the garlic, pulse a few times more.

2 Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Makes 1 cup.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

