

# Recipes

## dill pickles

veggie: choose one from the list below

2 cloves garlic (rough chopped)

4 sprigs of fresh dill (be generous)

2 teaspoons of peppercorns

2 bay leaves

½ tsp chili flakes (optional)

basic brine:

4 cups of filtered water

2 tablespoons of fine celtic sea salt

## turmeric, garlic, ginger pickles

veggie: choose one from the list below

1/4 of a medium red onion thinly sliced

3 cloves garlic (rough chopped)

2 teaspoons fresh grated ginger

1/2 teaspoon ground turmeric

basic brine

4 cups of filtered water

2 tablespoons of fine celtic sea salt

## thai pickles

veggie: choose one from the list below

4-5 inch stick of lemongrass chopped up

6 dried thai chilis

1 tablespoon fresh grated ginger

3 cloves garlic (rough chopped)

basic brine

4 cups of filtered water

2 tablespoons of fine celtic sea salt

## veggies

Choose a veggie from this list  
to use with a pickle recipe

- carrots cut into quarters (sticks)
- green beans (whole)
- asparagus spears (whole)
- small cucumbers (whole)
- zucchini (cut into thin rounds or spears)
- cauliflower (florets)
- radishes (cut into thin rounds or whole)