

Easy Rainbow Chard Pickle



Ingredients

Base recipe

1-2 cups of chard stems finely sliced. Perfect for using left over stems.

1/2 cup white wine vinegar or apple cider vinegar

1/2 cup water

1 teaspoon salt

3 tablespoons sugar

Optional additions

1-2 cloves garlic, minced

1 teaspoon Dijon mustard

1/2 teaspoon red pepper flakes

1/4 teaspoon celery seed

1/4 teaspoon black peppercorns

Fresh herbs (dill, thyme, or oregano)

Directions

1. Prepare the brine: In a small saucepan, combine vinegar, water, salt, and sugar. Bring to a gentle simmer until sugar and salt are dissolved. Set aside to cool slightly.
2. Add optional ingredients: If desired, add garlic, Dijon mustard, red pepper flakes, celery seed, black peppercorns, or fresh herbs to the brine.
3. Pickle the chard: Place chopped chard stems in a glass jar or bowl. Pour the warm brine over the chard stems, ensuring they are completely covered.
4. Let it sit: Cover the jar or bowl and let it sit at room temperature for a few hours. The pickling liquid will gradually turn a beautiful cherry red colour.

Enjoy: The pickled chard stems are ready to eat! You can place in a glass jar with lid and keep in the fridge and use as a side to roast meats, spicy curries and to add zing to a salad or sandwich.

Serve as an accompaniment to our Green Hills Farm recipe for Rainbow Chard Tart. See: <https://www.greenhillsfarm.com.au/recipe>

TIP: The pickling liquid can be used as a base for a vinaigrette.

TIP: Experiment with different combinations of optional ingredients to create your own unique flavour profile.