



Vindaloo Pickled Beans

A great unique spicy pickle recipe to take advantage of the bounty of fresh green beans in the summer at Salt Spring Island. They are great on a charcuterie board or with a fine Caesar.

Ingredients:

2 LB green beans, cleaned
3 cups water
2 cups white vinegar
¼ cup sea salt
8-12 garlic cloves, peeled
Small Bunch of fresh dill
2 tsp Goan Vindaloo

Spices Used: Goan Vindaloo

Instructions:

- 1 - Place beans in an ice bath until ready to pack jars.
- 2 - Sterilize 4 pint jars and lids as per manufacturer's directions. Keep hot water pot to seal jars after packing.
- 3 - Put water, vinegar and salt in a pot. Bring to a simmer.
- 4 - Put 2 or 3 cloves of garlic, 2 or 3 sprigs of dill and ½ tsp (or more) of Goan Vindaloo in the bottom of the sterilized jar. Pack jar with beans and fill with brine to within ½" of top.
- 5 - Process for 10 minutes in a simmering water pot to seal.
- 6 - Remove from pot, cool on rack.
- 7 - Store in a cool location for a few weeks before eating.
- 8 - Refrigerate after opening.
- 9 - Makes 4 pint jars.