

Pickled Okra

Recipe courtesy of Alton Brown

Yield 4 pints

Ingredients

2 pounds okra pods (the length of the pint jars)
4 cayenne peppers, split in 1/2
2 teaspoons mustard seeds
12 sprigs fresh dill
4 cloves garlic, whole
1 teaspoon whole peppercorns
1/4 cup kosher salt
2 cups rice wine vinegar
2 cups water

Directions

Special Equipment: 4 pint-sized canning jars, sterilized*

Wash the okra and trim the stem to 1/2-inch. Place 1 chile, 1/2 teaspoon mustard seeds, 3 sprigs of dill, 1 clove of garlic and 1/4 teaspoon peppercorns in the bottom of each of 4 sterilized pint canning jars. Divide the okra evenly among the 4 jars, standing them up vertically, alternating stems up and down.

In a medium saucepan over medium heat, bring the salt, vinegar and water to a boil. Once boiling, pour this mixture over the okra in the jars, leaving space between the top of the liquid and the lid. Seal the lids. Set in a cool dry place for 2 weeks or hot water process, 10 minutes.