

Pickled Beets

Brine Ingredients:

- 1 cup vinegar
- 1 1/2 cup sugar
- 2 cups water
- 4 teaspoons salt

Directions:

1. Place beets in a large pot and cover with water. Bring to a boil. Boil until tender (test with skewer or paring knife). Allow to cool.
2. After beets have cooled, remove skins with a paring knife. Cut into large cubes.
3. In a separate pot, bring all brine ingredients to a boil.
4. Place diced beets in storage container. Cover with HOT brine.
5. Allow to sit in refrigerator (the longer the better!).

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The
Farm

Saint Joseph Mercy Health System

*A simple pickling
brine recipe from
the Head Chef at
St. Joe's Ann Arbor!*

