

Tina's Garden Vegetable Pickles

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Recipe source: [Nancy Silverton's Sandwich Book](#)

Yield: about 2 ½ cups

INGREDIENTS:

- 1 tbsp. mustard seeds
- 1 tsp. fennel seeds
- 1 tsp. black peppercorns
- 4 whole dried red chiles
- 2 bay leaves
- 3 cups water
- 1 cup champagne vinegar
- 2 3-inch sprigs fresh thyme
- 3 tbsp. Kosher salt
- 3 garlic cloves, peeled and thinly sliced
- 2 or 3 shallots, peeled and cut into quarters with the root end intact
- 4 cauliflower florets (about 4 ounces) sliced into ¼-inch-thick slices
- 2 medium carrots (about 4 ounces) peeled and sliced on the extreme bias into ¼-inch-thick slices *Cook's note:*
- 1 small fennel bulb (about 4 ounces) outer stalks removed, sliced lengthwise into 1/8-inch-thick slices
- 1 celery stalk, peeled and sliced on the extreme bias into ¼-inch-thick slices
- 1 small red or yellow bell pepper, sliced into ¼-inch-thick slices

DIRECTIONS:

- In a medium skillet over medium-high heat, toast the mustard seeds, fennel seeds, peppercorns, chiles and bay leaves for 2-3 minutes, until the spices begin to release their aromas.
- Place the above ingredients along with the water, vinegar, thyme, salt and garlic in a medium saucepan over high heat, and bring to a boil. Reduce the heat to low, and simmer for 15 minutes.
- Remove the pan from the heat and stir in the shallots, cauliflower, carrots, fennel, celery and bell pepper.
- Allow the mixture to cool, and pour it into a jar or bowl.
- Refrigerate the pickles for at least 24 hours.



Cook's notes:

- I made a double batch, so if you're looking at the pictures on the [Entertain the Possibilities](#) blog, that's the quantity you're seeing.
- Choose the vegetables to suit your taste or what looks good at the market.
- Same with the herbs and spices, some flexibility is fine although I'll say that the recipe as written makes a very nice tangy brine. There's some heat on it for sure. If that's not your thing then omit the dried chiles.
- Instead of carrot slices I used baby carrots sliced vertically with a small bit of stem still attached.
- I tried 3 different grocery stores looking for champagne vinegar (which I've bought there before) but to no avail. I used white wine vinegar instead and it was perfectly fine.