

How to pickle just about any vegetable

By **JAMES P. DeWAN**
The Daily Meal

Millennia before Louis Pasteur discovered the bacteria-killing process known as pasteurization, our ravenous forbears found that foods lasted longer if they were treated to various procedures. Before mechanical refrigeration and freezing were the norm for extending the shelf life of food, methods included drying, salting, cooling and, of course, pickling.

What the Western Hemisphere now knows as “pickling” is simply the submersion of raw food in an acidic and/or salty solution as a means of preservation. Even though we no longer need to pickle food to preserve it, we still do it because we love the way it tastes.

Before I go on, allow me to mention that the dill or bread-and-butter pickles most of us love on burgers and alongside sandwiches are made from cucumbers and have a distinctive sour taste. And it’s that sour taste that — for me, at least — that marks a pickle as originating from the Western Hemisphere.

But the West does not own the pickle. In fact, pickles of some sort are

found in nearly every culture, whether it’s heavily spiced, oil-soaked mangoes from India or spicy red cabbage and radish kimchi from the Korean Peninsula.

Because I am located in the heart of the American Midwest, I’ll give you a method for producing that crisp cucumber pickle and its many country cousins. In addition to cukes, you can apply this method to any number of vegetables, like cauliflower or okra. Green beans make great pickles, and pickled jalapenos are one of life’s piquant pleasures. Turnips are terrific, and when they’re stained hot pink with the addition of fresh beets, they bring a bit of the Middle East to my Midwestern table (see recipe below).

One last thing before we get to a quick, Western-style pickle method: Many of your favorite pickles may be fermented — a slightly different and somewhat long process. Our method is just a simple brine, whose purpose is flavor as much as it is preservation. Its sour taste comes from vinegar rather than the acids produced by fermentation. As such, it can be ready in less than an hour.

How to pickle anything

Note: Several sources suggest that iodized salt will adversely affect the flavor and texture of pickles. However, a 1996 study conducted by the World Health Organization found no discernible difference in flavor or texture between pickles made with kosher salt (noniodized) and those made with table salt (iodized).

1. Assemble your brine mixture of water and vinegar, which can have a ratio anywhere from one-to-one to four-to-one. Always use a trusted recipe when you’re first starting out. Bring the liquid to a boil to dissolve the salt — typically about 1 to 2 tablespoons per 2 cups of liquid.

Some recipes use sugar or another sweetener, and nearly all call for the addition of fresh or dried spices. Fresh dill and garlic are common, along with bay leaf and commercial pickling spice blends, which can include mustard seeds, dill seeds, allspice and peppercorns, among other spices. Add these to your brine.

2. Place your peeled, trimmed and cut vegetables into clean jars and pour in the brine solution until the

vegetables are completely submerged. Cover and let sit from an hour to a week, depending on the recipe. When the pickles are ready, they’ll keep for up to a month in the fridge — if you can manage to make them last that long!

MIDDLE EASTERN-STYLE PICKLED TURNIPS

The flavor of these delicious and easy-to-make pickles is similar to Western-style pickles, but the hot pink color from the beets identifies it immediately as being from the Middle East.

Prep time: 30 minutes
Brining time: 5-7 days
Makes about 2 1/2 pounds

- Ingredients:**
3 cups water
1 cup white distilled vinegar
1/3 cup Kosher salt
1 tablespoon sugar
2 cloves garlic, lightly crushed
2 bay leaves
1 jalapeno, serrano or Fresno chili, cut in half or into 1/4-inch rings (optional)
2 pounds turnips, trimmed, peeled and cut into 1/2-inch square sticks, bite-sized chunks or 1/2-inch thick half circles
1 beet, trimmed, peeled and cut same as turnips



Kristen Mendiola/The Daily Meal-TNS

Middle Eastern style pickled turnips recipe.

Directions:

- To make the brine: Combine 3 cups water, 1 cup white vinegar, 1/3 cup kosher salt and 1 tablespoon sugar in a heavy-bottomed saucepan. Heat over high flame, stirring occasionally, until salt is completely dissolved, about 4-5 minutes. Remove from heat and let cool.
- Place 2 cloves crushed garlic, 2 bay leaves and optional chili in

the bottom of a large canning jar (or divide between two smaller jars). Add 2 pounds trimmed, cut turnips and 1 trimmed, cut beet.

3. Pour brine into jars, covering vegetables completely and coming to 1/2-inch below top. Screw lids tightly onto jars.

4. Place jars in a cool, dry place for 5 to 7 days. When ready to eat, store in the refrigerator for up to one month.

School night? Try this quick bolognese

By **GRETCHEN MCKAY**
Pittsburgh Post-Gazette

School is soon back in session for many districts, which means so long to summer’s more leisurely schedules.

I don’t have small kids anymore, but I remember what it was like trying to get dinner on the table after work, while also chauf-

feuring kids to sports practices, guitar lessons, shopping for school project supplies and any other number of school activities. And don’t forget about homework, which always seemed to be spread out on the kitchen table when it was time to eat.

I also remember that the best school night meals were those that could be

prepared with little effort. This pasta recipe fits the bill. It comes together in about a half-hour and because it features pasta, it’s kid friendly.

I made it with the last offerings of my summer garden and meat I had in the freezer. You can substitute chopped or crushed canned tomatoes for fresh and it still will taste great.

Bucatini is always my pasta of choice, but bolognese (meat sauce) is traditionally served on tagliatelle or pappardelle because thicker and heavier pastas collect more sauce. I served the pasta with the sauce on top but you also can stir it right into the pan, adding a little pasta water, if needed, to thin the sauce to your liking.

PASTA WITH QUICK BOLOGNESE

PG tested

- 3 tablespoons olive oil**
1/2 yellow onion, diced
1/4 cup chopped cutting celery
1 carrot, peeled and diced
1 pound 80/20 ground beef
1/2 pound sweet Italian sausage
2 garlic cloves minced
Salt and pepper
Red pepper flakes
2 cups cherry tomatoes
1 or 2 tablespoons tomato paste
1/4 cup dry red wine
1 pound pasta
Grated Parmesan cheese,

for serving
Chopped parsley or basil, for garnish

Bring a large pot of salted water to boil.

Heat olive oil over medium heat in a large Dutch oven or saucepan. Add onion, celery and carrot and cook for 1 minute.

Add beef and sausage, and cook, breaking it up with a fork or spoon, until it is no longer pink, about 5-6 minutes.

Add garlic to pot and season generously with salt and pepper. If you like, add a pinch of two of red pepper flakes, and stir to combine.

Stir in cherry tomatoes, tomato paste and red wine. Cook

on medium heat until tomatoes break down and the sauce starts to thicken, about 15-20 minutes. (I use a potato masher to help the tomatoes along.)

Meanwhile, add the pasta to boiling water and cook until tender but still firm. Drain the pasta, reserving about 1 cup of pasta water for thinning the sauce.

Taste bolognese and season with additional salt, pepper or red pepper flakes, if necessary. Thin with reserved pasta water if it’s too thick.

Serve pasta sauce on top of cooked pasta, garnished with grated Parmesan and chopped parsley or basil.

Makes 6-8 servings.



Gretchen McKay/Pittsburgh Post-Gazette-TNS

Pasta with a quick-to-prepare bolognese sauce is perfect for busy school nights.

When your computer is in despair

OUTSTANDING COMPUTER REPAIR

Fast and Reliable

MOBILE COMPUTER SUPPORT

DALE BOGARDUS 541-297-5831

25 sept **12-8 pm**

FOOD - GAMES - MUSIC - DRINKS - BBQ CONTEST
PUMPKIN DECORATING - CORNHOLE TOURNAMENT
FALL INTO THE HOLIDAYS BAZAAR

CORY PETERSON BAND - THE WASTELAND KINGS - THE EOSCENES

ADMISSION BY DONATION - TO HELP COVER BAND COST

Union County Fairgrounds **TAP THAT! GROWLERS**

1106 Adams Avenue Suite 100 • 541 663-9010 • tapthatgrowlers.com

Some things in life just go together. Like home and auto insurance from State Farm*. And you with a good neighbor to help life go right. Save time and money. **CALL ME TODAY.**

Home & Auto go together. Like you & a good neighbor.

Gregg Hinrichsen Ins Agcy Inc
 Gregg Hinrichsen, Agent
 1722 Campbell Street
 Baker City, OR 97814
 541-523-7778

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
 State Farm County Mutual Insurance Company of Texas, Dallas, TX
 State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
 State Farm Florida Insurance Company, Winter Haven, FL
 State Farm Lloyds, Richardson, TX
 1601976

Are Your Feet Ready to Camp?
 We specialize in quality medical and surgical care for all types of foot and ankle problems.

GRANITE VIEW Foot & Ankle

Travis T. Hampton, D.P.M.
 Foot and Ankle Surgeon

541-963-0265
 888-843-9090
 www.GVfoot.com

LaGrande 1408 N Hall Street
 Enterprise 601 Medical Parkway
 Baker 3175 Pochontas Rd.

inside every Thursday

GO!

EASTERN OREGON

GoEasternOregon.com

arts events entertainment