



Pickle Me This!

An Exploration of Pickling,
Fermenting, Preservation, Unique
Flavors, Umami, & Saving Money

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Why Pickle?

- Add new flavors to your menu items
- Preservation of ingredients, extend shelf life
- Save \$ from excess product or windfall
- Make in house signature sauces
- Change flavor or textures
- Add a pickle station to your catering menu
- Combats food waste



What to Pickle?

- **Vegetables, carrots, beets, cucumbers, radishes, pumpkin, cabbage, bok choy, onions, okra, eggplants, green beans, purslane, mushroom**
- **Fruit, watermelon, papaya, kiwi, strawberry, peach, plum, pears, berries**
- **Seafood, shrimp, mussels, herring, octopus**
- **Eggs, sweet & sour, beet pickled, jalapeno**
- **Roots, shoots, mustard pods, mustard seeds**
- **Meats, albeit not so popular these days**



Pickling Basics vs.

- Standard Vinegar, 5%-7.5%, varied types, apple, sherry, white, champagne, balance with salt, spices, herbs, many cultural variance's. Use good quality vinegar.
- Historically pickles were made for long term storage, not refrigerated and thus they were always "processed" using a canning method involving sealed jars and hot water. Time and temperature are critical to be shelf stable. No bacteria, no probiotics, but yes, flavor!
- But, there are refrigerated pickles that are not processed. This is popular in food service especially vacuum sealed, flash pickling. This is less labor and more attractive for catering.

Fermenting

- Salt 1.3%-1.6% and water is all that is needed for Fermentation
- Fermenting creates probiotics in the trillions since it is not pasteurized and creates more complex flavors.
- Fermented foods are often refrigerated once they reach the desired fermentation point.
- Following proven and reliable recipes is important for food safety.
- An alternative to salt fermenting Koji Mold can also be used for traditionally long Fermentation, Kankoji paste, Koji powder. This can create Umami flavors.



1-2-3 Pickle (Swedish Pickle)

As simple as it gets:

1 c. Vinegar, white wine

2 c. Sugar, granulated

1 c. Water

Add: thin carrot slices, shallot slices, 2 bay leaves,
2 allspice berries, 5 white peppercorns, pinch salt

In SS saucepan, bring all ingredients to boil over
med heat, stir to dissolve sugar, let cool slightly
then pour into sterilized jars with your choice of
sliced clean vegetables. Product must be clean, no
stems.

Put a lid on it and refrigerate until needed.

Recipe from the Aquavit Cookbook by Marcus Samuelson



Flash Pickling – Vacuum Sealer

You will sample today a variety of flash pickles in different flavor profiles. Yellow carrot ribbons with yellow curry, Purple carrot ribbons with Oaxacan Mole, Swedish Pickled Radish, Pickled Red Onion, Herb Pickled Mushrooms and Pickled Mussels.

Thinly sliced vegetables will absorb more flavor, especially root vegetables. Mushrooms & eggplants are often cooked or roasted before pickling for better flavor. The seafood that we have pickled was cooked before pickling.

Flavor profiles are unlimited in pickling but there is usually a salt and acid component as the backbone.



Resources

Some of our favorite books:

- Ball Complete Book of Home Preserving (Master Food Preservers – Bible)
- The River Cottage Preserves Handbook
- The Noma Guide to Fermentation, Redzepi
- The New Wildcrafted Cuisine by Pascal Baudar
- The Art of Fermentation, Sandor Katz
- Koji Alchemy, Jeremy Umansky
- The Fermentation Kitchen, Sam Cooper



Pickle Me This...Salt & Water or Vinegar

Transform Chanterelles or Seafood into umami flavor bombs to expand your creativity and enhance your menu.

Pickling is a cost effective way to use fermentation or vinegars to develop an arsenal of flavor you can use to set yourself apart and develop your style.

Preservation of the best of the season or a windfall of one product, Pickle It.

Easy, fun, delicious and nutritious. We covered the basics, a wide variety of ingredients, variations, and classic simple methods so now it's time for you to start experimenting.

Whether you are pickling for the first time or a pickling aficionado still learning, there is an adventure ahead for you.



Why Leave Us on the Sideline, When We Can Be Center Stage?



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