

Kosher Pickles

Grammy Guru - Arlene Borg
Hometown News

8 to 10 small cucumbers (or 2 large cucumbers), cut into spears
2 tablespoons Kosher salt
2 whole sprigs fresh dill
crushed red pepper (optional)
2 tablespoons pickling spices
4 - 6 cloves garlic, peeled and cut into large pieces
cold water
2 one-quart canning jars

Wash the jars in hot water.

Scrub the cucumbers and pack tightly in the jars.

Add one whole sprig of dill, one tablespoon of salt, one tablespoon of pickling spices, half of the garlic and a few shakes of red pepper to each jar. Push the ingredients halfway down.

Fill the jars to the top with cold water, leaving a 1/2-inch space.

Cover tightly, turn upside down and store in a cool place for a couple of days.

Test a pickle for doneness. When cured to your liking, refrigerate.

Yield: 2 quarts

Per Serving (excluding unknown items): 115 Calories; trace Fat (3.0% calories from fat); 5g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11303mg Sodium. Exchanges: 5 Vegetable; 0 Fat.