

Sweet 'N Spicy Pickle Spears

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You will need a one quart glass Mason jar to prepare this recipe.

1 cup cider vinegar

1/2 cup water

1 round teaspoon Kosher or sea salt

2 Round Tablespoons sugar

3 cloves garlic, crushed or halved

a few fresh bay leaves

small handful fresh dill

1 Fresno chili pepper

1/4 red onion, chopped or sliced

a few black peppercorns

1 1/2 teaspoons mustard seed

1 1/2 teaspoons coriander seed

4 large Kirby cucumbers, quartered lengthwise

In a medium size saucepot, bring the vinegar and water to a boil. Dissolve the salt and sugar and remove the pot from the heat.

In a Mason jar, layer in the garlic, bay leaves, dill, Fresno chili pepper, red onion, peppercorns, mustard seed, coriander seed and cucumbers.

Top with the hot brine and refrigerate for at least 24 hours or up to a few weeks.

Yield: 16 pickle spears

Per Serving (excluding unknown items): 1644 Calories; 2g Fat (1.1% calories from fat); 3g Protein; 424g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat; 28 Other Carbohydrates.