



Pickled Nasturtium Pods

Recipe by Cassie Smith

INGREDIENTS:

The Brine x 2:

- 2 cups nasturtium pods (Green NOT brown)
- 1 cup water
- 2 Tbs salt

The Pickle:

- 1 cup Apple Cider Vinegar
- 1 Tbs Sugar
- Sprig of your favourite herb (Fennel or Rosemary or Thyme)

DIRECTIONS

1. Wash in cold water to remove flower heads, stems and dirt
2. Soak the clean pods in the brine solution for 12 hours
3. Drain, rinse and soak in the second batch of brine solution for a further 12 hours
4. Drain and rinse, pat dry on kitchen paper
5. Pack the pods into sterilised small jars, leaving 1-2cm headroom
6. Heat pickle solution on stove, dissolve sugar, bring to boil then remove from the heat.
7. Pour brine over the pods in the jar, leaving 1cm headspace, Seal tightly with lid.
8. Store in the pantry for up to 12 months,



Sundays

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INGREDIENTS

Pickle cont'd:

- ½ Tsp mustard seeds
- 2 Bay leaves
- Peppercorns or cracked pepper to taste

NOTES

- Refrigerate after opening.
- Serve on your favourite salad to give it a pickled, crunchy, peppery zing!
- Or use as a substitute for capers.



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