



COOKING CLASSES
AT SUR LA TABLE

REFRIGERATED PICKLES & JAMS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Produce

- 1/2 pound sugar snap peas
- 1/4 medium yellow onion
- 2 tablespoons fresh mint
- 2 tablespoons fresh dill
- 2 lemons
- 1 medium red onion
- 1 small jalapeno
- 4 cups black plums
- 2 cups raspberries

Pantry Items

- Distilled white vinegar
- Granulated sugar
- Kosher salt
- Pickling spice

Dry/Canned Goods

- Powdered fruit pectin

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board
- Paring knife
- Mandoline

Hand Tools/Gadgets

- Measuring cups and spoons
- Citrus juicer
- Microplane zester
- Various bowl sizes
- Whisk
- Silicone spatula
- Potato masher
- Ladle

Cookware

- Small saucepan
- Canning pot
- Large pot

Other

- 4, 8-ounce canning jars
- 4 pint canning jars
- Quart-sized canning jar or thermos with tight-fitting lid
- Paper towel

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Quick Pickled Sugar Snap Peas

1. Wash and dry produce.

Pickled Red Onion

1. Wash and dry produce

Black Plum and Raspberry Jam

1. Wash and dry produce.
2. Sterilize canning jars.

QUICK PICKLED SUGAR SNAP PEAS WITH DILL AND FRESH MINT

Yield: 2 servings

These quick crunchy pickles will be ready to snack on within the hour. They are great after a few days of marinating in the brine too.

For peas:

1/2 pound sugar snap peas, ends trimmed

1/4 medium yellow onion, thinly sliced

2 tablespoons fresh mint, chopped

2 tablespoons fresh dill, minced

For brine:

1/3 cup distilled white vinegar

1/2 cup warm water

1 tablespoon lemon zest

1 1/2 tablespoons lemon juice

1/8 cup granulated sugar

1/2 tablespoon kosher salt

1/2 teaspoon pickling spice

1. **To prepare peas:** To 2, 8-ounce canning jars, layer peas, onions, mint and dill.
2. **To prepare brine:** To a small bowl, whisk to combine brine ingredients. Once salt dissolves, pour brine over peas, covering completely. Cover jar and refrigerate peas for at least one hour or up to 1 week.

Recipe variations:

- Try this quick brine with green beans.
- Add a little heat to your quick pickle by adding 1 teaspoon of red pepper flakes.

PICKLED RED ONION

Yield: 2 servings

These quick crunchy pickles will be ready to snack on within the hour. They are great after a few days of marinating in the brine too.

1 medium red onion, thinly sliced on a mandoline
1 small jalapeno, thinly sliced
1 cup vinegar (distilled, white wine, or apple cider)
1 cup water
1 tablespoon granulated sugar
1 tablespoon kosher salt

1. ***To prepare onions:*** To 2, 8-ounce canning jars, layer onions and jalapenos.
2. ***To prepare brine:*** To a small saucepan over medium-high heat, add remaining ingredients; bring to a boil and remove from heat. Pour liquid over onions and jalapeño; let stand at room temperature until cooled. Pickled onions can be stored in the refrigerator in an airtight container for up to 10 days.

BLACK PLUM AND RASPBERRY JAM

Yield: about 4 pint jars, or 8 (8-ounce) jars

4 cups pitted and chopped black plums
2 cups raspberries
3 tablespoons fresh lemon juice
6 tablespoons powdered fruit pectin
4 cups granulated sugar
1/4 teaspoon kosher salt

1. **Prepare for water-bath canning:** Sterilize the jars and keep them hot in the canning pot; place the lids in a heatproof bowl.
2. **To prepare the jam:** To a large heavy stainless steel pot set over medium heat, add fruit and lemon juice. Bring to a simmer, gently stirring, and cook until the fruit is very soft and juices have reduced, about 20 minutes. While maintaining a simmer, use a potato masher to break the fruit into smaller pieces.
3. Add the pectin, following the instructions on the package. These instructions will include when to add the sugar. (Pectin instructions are often brand-specific; it is important to follow the guidelines written by the manufacturer for the most successful results.) Skim off as much foam as you can, then remove from the heat. Add salt and stir gently for a few seconds to distribute the fruit in the liquid.
4. **To process jars:** Ladle boiling water from the canning pot into the bowl with the lids. Using a jar lifter, remove the sterilized jars from the canning pot, carefully pouring the water from each one back into the pot, and place them upright on a folded towel. Drain the water off the jar lids.
5. Ladle the hot jam into the jars, leaving 1/4-inch headspace at the top. Use a damp paper towel to wipe the rims of the jars and place a flat lid and band on each jar. Tighten bands just finger-tight. Return the jars to the canning pot, making sure the water covers them by at least 1 inch. Bring to a boil, and boil for 8 minutes to process.
6. Transfer the jars to a folded towel and do not disturb for 12 hours. After 2 hours, check that the lids have sealed by pressing down on the center; if the lid gives and makes a clicking sound when pressed, it hasn't sealed, and the jar should be refrigerated immediately. Sealed jars can be labeled and stored in a dark and cool place.