



Pickled Okra

Ingredients

2.5 lbs. okra
1 quart of cider vinegar
1 pint water
¼ cup of kosher salt
1 small carrot, peeled and sliced
3 each bay leaves
7 garlic cloves
1 each small jalapeno, sliced
1 oz mustard seeds

Preparation

1. Place okra in 2 quart sized Ball jars or a large plastic container.
2. Bring the rest of the ingredients to a boil, then pour over the okra to cover.
3. Weigh down okra with plastic wrap or put the lids on the jars to ensure even pickling.

Courtesy of Sean Fowler, Mandolin Restaurant