



Italian Pickled Carrots

Pickles are easy to make. You can serve these carrots as a salad, as the recipe instructs. They are also nice for a snack or serve with a sandwich. They will keep in the fridge for a week, if they last that long.

Yield: 6 – 8 servings

Preparation Time: 15 minutes

Ingredients:	Equipment:
<ul style="list-style-type: none"> • 1 ½ cup (375 ml) white wine vinegar • 1 Tbsp. (15 ml) sugar • 3 garlic cloves, crushed • 2 bay leaves • 3 mint sprigs • 3 sprigs fresh Italian parsley • 1 tsp. (5 ml) salt • about 35 - 40 tiny new carrots or about 12 larger carrots, peeled and cut into bite sized pieces • about 1 cup (250 ml) water • 1 Tbsp. (15 ml) olive oil • 2 Tbsp. (30 ml) torn mint and parsley leaves 	<ul style="list-style-type: none"> • measuring cups and spoons • small sharp knife • vegetable peeler • cutting board • large pot • large bowl • salad servers • strainer

Method:

1. Measure the **vinegar, sugar, garlic, bay leaves, mint, parsley** and **salt** into a large pot. Bring to a simmer.
2. Peel the **carrots**. If the carrots are tiny, leave them whole. If the carrots are larger, cut them into bite sized pieces.
3. Add the **carrots** to the pot and add about 1 cup **water**, so the carrots are just covered with liquid.
4. Simmer until carrots are tender, about 10 minutes, depending on the size of the carrots.
5. Remove from the heat. Using tongs, place carrots in a container.
6. Strain the cooking liquid then pour over top of the carrots. Cool to room temperature then cover and place in the fridge. Refrigerate overnight or at least an hour.
7. To serve, remove the **carrots** from the liquid and place in a serving bowl. Toss with **olive oil** and torn **mint** and **parsley** leaves. Season with a pinch of **salt**. Drizzle a few tablespoons of the **vinegar mixture** over top. Toss and serve.