

## WARNING!

Make sure all of your equipment and your hands are clean before you begin.

# THE LAB

Eight pages of things to make and do

Kitchen chemistry

# Get pickling

## TOP TIP

You can add herbs and spices, such as coriander seeds, star anise and fresh dill, to add flavour to your pickling liquid.

Pickles add a great crunch and a zingy shot of flavour to hamburgers and sandwiches.

### What you need

- 1 large cucumber
- 1tbsp salt
- 100ml water
- 7.5cm fresh ginger
- 100ml white vinegar
- 50g sugar
- Chopping board
- Knife
- Large bowl
- Colander
- Grater
- Small bowl
- Spoon
- Plastic container or jar with a lid

### Instructions

Put the cucumber on a chopping board and carefully cut off both ends. Thinly slice the rest of the cucumber and pop the pieces in a large bowl. Sprinkle salt over the slices and pour the water on top. Leave to rest. After 10 minutes, place a colander in the sink and tip the slices into it. Rinse with tap water, then leave the cucumber slices to dry. While the cucumber is drying, grate fresh ginger into a small bowl and mix with the vinegar and sugar. Stir with a spoon. This is the pickling liquid. Pop the cucumber slices into a plastic container or glass jar and pour the pickling liquid over the top. Put the lid on tightly and shake well. Leave for two hours or overnight, then open and enjoy.

Cucumber slices pickle quickly.



## DID YOU KNOW?

Archaeologists believe that the Mesopotamians – a group of ancient civilisations that lived in the Middle East – pickled food as far back as 2400BC.

### How does it work?

Soaking sliced cucumber in saltwater encourages bacteria that hold back the growth of other bacteria that make food go bad. It also gives the mild-tasting cucumber a bit more flavour; the vinegar and sugar add bite. Vinegar is an acid, which means that many bacteria cannot survive in it. Pickled vegetables can last for months in a sealed container without rotting. The longer you leave pickles, the more flavour they take on, because the solution has more time to seep into the vegetables. Remember, though, your hands and equipment need to be squeaky clean to stop the wrong kind of bacteria from sneaking in.

