

VEGETABLES

Pickled green beans with horseradish and lemon

Green beans pickled with chilli, horseradish and lemon, from Hege Marie Köster's recipe in *essen & trinken* magazine.

Recipe author: Hege Marie Köster · *essen & trinken*



TIME

30 minutes prep + 90 minutes cooking + 2 weeks maturing

MAKES

3 × 1.2-litre jars

Method: Vinegar pickling and cooking in a water bath

Season and ingredients: Fresh green beans

Storage: Fermentarnia recommends refrigerating the jars once cool. Keep refrigerated after opening.

Ingredients

- 1 kg green beans
- 3 red chillies
- 50 g fresh horseradish
- 1 litre white wine vinegar
- 700 ml water
- 100 g salt
- 1½ tbsp black peppercorns
- 3 strips of peel from an unwaxed lemon

Instructions

1. Prepare the vegetables

Wash and trim the beans. Halve the chillies lengthways. Peel the horseradish and cut into slices.

2. Make the pickling liquid

Bring the vinegar, water, salt and peppercorns to the boil.

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Sources and history on the Fermentarnia website
fermentarnia.com



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3. **Pack the jars**

Pack the beans, chillies, horseradish and lemon peel tightly into scalded jars, leaving 1 cm between the beans and the rim. Pour in the hot pickling liquid and close the jars.

4. **Cook in a water bath**

Stand the jars in boiling water that reaches just below their rims. Keep at a gentle boil for 90 minutes. Carefully remove the jars and leave to cool on a rack.

5. **Leave to mature**

Allow the flavour to develop before serving. The author recommends waiting 2 weeks. Fermentarnia recommends keeping the jars in the fridge during this time.

Notes from Fermentarnia

The source gives no storage temperature. Fermentarnia recommends refrigerating the jars once cool.

Keep the vinegar quantity and the full 90-minute cooking time. Pouring over hot liquid does not replace cooking. Green beans must not be eaten raw.

How to serve

Serve alongside meat or with a Bloody Mary.

Under the microscope

Heat and vinegar have different roles

Green beans contain lectins, proteins whose activity is reduced by sufficient heating. Vinegar gives the pickling liquid its acidity, but acidifying the beans does not replace cooking them. This recipe therefore includes heat treatment as well as a vinegar marinade.

