

VEGETABLES

Pickled okra with mustard seeds and garlic

Tender okra pods pickled with garlic, mustard seeds and bay leaf. From Nichole Dandrea-Russert's recipe for Food Revolution Network.

Recipe author: Nichole Dandrea-Russert · Food Revolution Network



TIME

15 minutes prep + at least 2 days pickling

MAKES

4 servings

Method: Quick vinegar pickling

Season and ingredients: Small, fresh, tender okra pods

Storage: Keep in a clean, closed jar in the fridge for up to 2 months.

Ingredients

- ☐ About 340 g fresh okra (2 US cups; approximately 12 oz by weight)
- ☐ 1 large garlic clove, finely chopped
- ☐ ½ tsp black peppercorns, optional
- ☐ About 237 ml organic apple cider vinegar (1 US cup)
- ☐ About 237 ml water (1 US cup)
- ☐ 1 tsp mustard seeds
- ☐ 1 bay leaf
- ☐ 1 tbsp coconut sugar, optional
- ☐ ¼ tsp salt, plus another ¼ tsp if needed

Instructions

1. Pack the jar

Wash the okra. Place in a glass jar of about 950 ml capacity (32 US fl oz), with the garlic and optional peppercorns.

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Sources and history on the Fermentarnia website
fermentarnia.com



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2. **Make the pickling liquid**

Put the water, vinegar, mustard seeds, bay leaf, optional sugar and salt in a saucepan. Bring to the boil, then simmer for 5 minutes. Leave to cool.

3. **Pour over the okra**

Pour the cooled pickling liquid into the jar. Close and shake gently to distribute the seasonings, checking that the okra is completely submerged.

4. **Refrigerate**

Keep in the fridge for at least 2 days before serving.

Tips

Metric equivalents are rounded: 1 US cup $\approx$ 237 ml, 12 oz by weight $\approx$ 340 g, and 32 US fl oz $\approx$ 950 ml. Use measuring equipment, not a drinking cup.

Contains mustard. Choose fresh okra without soft spots and wash thoroughly. Keep refrigerated for up to 2 months.

How to serve

Serve with roasted dishes or salads, or add to a pickle platter.

Under the microscope

Why okra can feel slippery

Okra contains mucilage, a mixture rich in polysaccharides that gives it its characteristic slippery texture. Cutting the pods releases more of it. Here the young pods are kept whole, rather than chopped as they might be for a thickened soup.

