

FLOWERS AND SEEDS

Pickled magnolia petals

Magnolia petals pickled in lightly sweetened rice vinegar, from a recipe on Jamie Oliver's website.

Recipe author: JamieOliver.com



TIME

10 minutes prep + 24 hours pickling

MAKES

1 × 500 ml jar

Method: Quick vinegar pickling

Season and ingredients: Spring; use petals from a positively identified edible magnolia species

Storage: Keep in the refrigerator for up to 2 weeks.

Ingredients

- 100 g edible magnolia petals (about 6 flowers)
- 350 ml rice wine vinegar
- 50 g golden caster sugar
- A pinch of sea salt

Instructions

1. Prepare the petals

Wash the petals, shake off excess water and place in a sterilised 500 ml jar.

2. Heat the pickling liquid

Gently heat the rice vinegar, sugar and sea salt in a small saucepan over a medium heat, stirring until the sugar dissolves. Set aside for 5 minutes to cool slightly.

3. Pour over and chill

Pour the pickling liquid over the petals, screw on the lid and refrigerate for 24 hours before serving. Keep refrigerated for up to 2 weeks.

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Sources and history on the Fermentarnia website
fermentarnia.com



page 1

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Pickled magnolia petals / continued

Tips

Use only petals from a positively identified edible magnolia species grown for food.

The source's tip: boil the jar, lid and filling utensils for 15 minutes. Use only sterilised utensils until the jar is sealed.

How to serve

Serve with sushi in place of pickled ginger, add to noodle soup, or tear into a green salad.

Under the microscope

Petal colour and acidity

Coloured magnolia petals can contain anthocyanins, pigments whose colour depends on acidity. Rice vinegar can therefore change the shade of these petals and their liquid. White petals will not necessarily produce the same effect: the result depends on the species, variety and original flower colour.

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page 2

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