

NUTS

Pickled green walnuts

Whole young walnuts pickled in spiced vinegar. Once mature, they are dark and soft enough to slice and serve with cheese.

Recipe author: Vegetarian Society



TIME

10 days brining + drying time + 6 weeks maturing

MAKES

1 batch (1 kg green walnuts)

Method: Brining, then pickling in vinegar

Season and ingredients: Early summer, while the inner shells are still soft

Storage: Fermentarnia recommends keeping the walnuts in the fridge during brining and maturation.

Ingredients

- 1000 g young green walnuts
- 350 g salt
- 2000 ml water
- 25 g black peppercorns
- 1 tsp allspice berries
- 1500 ml white wine vinegar
- ½ tsp grated dried ginger
- 1 cinnamon stick, 5 cm long, broken in half

Instructions

1. Brine the walnuts

Prick the walnuts all over with a thick needle and place in a ceramic bowl. Dissolve half the salt in half the water and pour over the walnuts. Cover and refrigerate for 5 days, following Fermentarnia's recommendation. Stir twice a day.

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A stylized, handwritten signature of Natalia Horbach in black ink.

Sources and history on the Fermentarnia website
fermentarnia.com



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2. **Change the brine**

Drain. Dissolve the remaining salt in the remaining water and pour this fresh brine over the walnuts. Refrigerate for another 5 days, stirring twice a day.

3. **Dry until black**

Drain and spread the walnuts in a single layer on a flat dish. Leave in the sun until they turn black.

4. **Make the spiced vinegar**

Crush the peppercorns and allspice berries. Simmer the vinegar with all the spices for 20 minutes, then cool and strain. Pack the walnuts into sterilised wide-mouth jars, filling them no more than $\frac{3}{4}$ full. Pour in the spiced vinegar.

5. **Leave to mature**

Seal the jars and refrigerate for 6 weeks before serving.

Notes from Fermentarnia

The source calls for a cool place but gives no temperature. Fermentarnia recommends using the fridge for both brining and maturation.

Choose young walnuts whose inner shells have not hardened: a test walnut should be easy to pierce right through. Wear gloves to protect your hands from staining.

Contains walnuts.

How to serve

Thinly slice and serve with cheese or roasted vegetables.

Under the microscope

Why the shell must still be soft

As a walnut matures, lignin is deposited in the cell walls of its inner shell, making it hard. This recipe uses the whole young fruit, so it must be picked before the shell hardens. The test walnut should still be easy to pierce right through.

