

### **Dilly Carrots**

**Created for 1 1/2-liter Pickl-It**

- 2-lbs** organic carrots
- 19 grams** unrefined sea salt
- 4 cups** filtered (no chlorine or fluoride) water
- 3 large** organic dill heads, or 1 T fresh dill weed



1. Scrub carrots well; do not peel; grate
2. Alternate layers of shredded carrots and dill in **Pickl-It**
3. Push carrots/dill, firmly packing **Pickl-It**, removing air pockets
4. Make 2% brine, stir sea salt and water until dissolved; pour over carrots in **Pickl-It**
5. Place whole lettuce or cabbage leaf on brine-top; place **Dunk'R** on leaf of carrot shreds "float"
6. Latch **Pickl-It** closed; fill large airlock with 1 1/2 T water
9. Place **Pickl-It** on-counter for 3-5 days; may eat immediately; store in-fridge using **Plug'R**, up to 6-months

*Substitute Carrots with Whole Green Beans, to Make Dilly Green Beans!*

### **Jalapeno Pepper Rings**

**Created for 3/4-liter Pickl-It**

- 1-lb** organic jalapeno peppers
- 33 grams** unrefined sea salt
- 4-cups** filtered (no chlorine or fluoride) water



1. Wash peppers, remove stem & seeds; slice pepper into 1/4-inch rings
2. Create 3.5% brine (33 grams salt with 4-cups water), stir to dissolve
3. Fill **Pickl-It** with pepper rings and brine - not above the "shoulder"
4. Latch **Pickl-It**; add 2 tsp water to mini-airlock; place **Pickl-It** on-counter 14-days
5. Cure in refrigerator (with airlock in-place) 3-months for full-flavor development
6. Store up to 1-year in refrigerator, if kept in **Pickl-It** container

*Substitute Banana Peppers for Jalapeno - Great on Pizza!*

### **Beets! Beautiful Spiced Beets!**

**Created for 3-liter Pickl-It**

- 3-lbs** organic beets
- 2 3-inch** cinnamon sticks
- 6** whole clove
- 2** whole allspice
- 19-grams** unrefined sea salt



1. Peel raw beets; shred, dice, slice or chunks
2. Layer beets with spices and salt in 3-liter **Pickl-It**
3. Latch **Pickl-It** lid; insert **Plug'R** into lid's grommet
4. Allow beets to macerate - creates brine - for 1 hour
5. After 1 hour, gently press beets to assist brine; add 1-cup brine (add 5-grams salt) if dry
6. Latch **Pickl-It**, remove **Plug'R**, and insert airlock into grommet
7. Fill large airlock with 1 1/2 T water; place **Pickl-It** on-counter for 3-5 days, then eat
8. Refrigerate in the **Pickl-It** for long-term storage, replacing airlock with **Plug'R**

*Beet Remain Crispy. For Softer Texture, Bake at 325F for 1-hour. Prepare as Above.*



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