

Pickled Okra

Ingredients:

1 pound okra, trimmed and halved lengthwise
6 Tbs salt
3 cups distilled white vinegar
2 Tbs sugar
2 bay leaves
1 Tbs chopped fresh oregano
1 Tbs chopped fresh chives
1 Tbs crushed red pepper flakes
1 Tbs black pepper
¼ tsp cayenne pepper
2 medium onions, halved lengthwise and cut into ½ inch thick slices
1 fresh jalapeno, halved lengthwise, stemmed, and seeded

Preparation:

(Thanks to Martha Stewart!)

STEP 1

Rinse okra in a colander. Add 3 tablespoons salt, and toss to combine. Let okra drain in sink 10 minutes. Meanwhile, prepare an ice-water bath; set aside.

STEP 2

Put remaining 3 tablespoons salt, 2 cups water, the vinegar, sugar, bay leaves, spices and herbs, cayenne, onions, and jalapeno into a nonreactive medium saucepan. Bring to a boil over medium heat, stirring until sugar has dissolved.

STEP 3

Rinse okra under cold running water to remove salt. Transfer to a large nonreactive bowl. Pour brine over okra. Set bowl in ice-water bath; let cool 10 minutes. Transfer bowl to refrigerator to cool completely, about 25 minutes. Serve or store in glass jars.