

LAⁱⁿ BLOOM

HOME CANNING

Dilly Beans

Yields 2 pints

.....

The first time I met Jen Smith was at a beautiful brunch in the Hollywood Hills. Right away I noticed little bowls of pickled veggies scattered between frittatas and fruit salads and your more standard brunch fare. I had to find out who was behind this exquisite spread and while roaming the kitchen, I found my answer. Turns out in addition to working as a caterer for fashion and art events in LA, Jen is a canning enthusiast (she even runs a "Pickle of the Month Club" - how cool is that?). I asked if she would teach me how to "put up" my summer bounty, and many jars later, I am hooked. Pickling is an incredibly satisfying way to spend an afternoon, not to mention to savor the season. Jen's Dilly Beans are the perfect place to start.

- 1 tablespoon pickling spice (see recipe below)
- 1 cup white vinegar
- 1 cup water
- 1 tablespoon pure sea salt (without anti-caking agent)
- 2 bay leaves
- 3 cloves of garlic, peeled
- 1 chili arbol
- 1 pound small green beans, such as haricot vert

Sterilize 2 pint sized mason jars by submerging them boiling water for 10 minutes. Boil new lids for a few minutes(while the rings and jars are reusable, to insure sterilization and a proper seal, the lid needs to be used only once when canning goods.)

Make the brine by bringing vinegar, water and salt to a rapid boil in a non-reactive pan (stainless steel or enamel-lined cast iron).

Remove jars from water and fill each jar with one garlic glove, one whole bay leaf, 1 chili and 1 tablespoon of pickling spice.

Tightly pack jars with beans (if the beans are too long and stick out of the top of the jar, simply trim them with a paring knife). Fill with hot brine leaving a 3/4 inch head room from the top of the jar. Carefully wipe off the tops of jars and loosely seal with lids and rings.

Place jars in canning rack and carefully submerge in rapidly boiling water for ten minutes. Pull from the water and allow to cool for 24 hours. Make sure the lid is vacuum sealed (there will be a victorious popping sound shortly after the jars come out of the water). Dilly beans stay good in the fridge for many months.

LAⁱⁿ BLOOM

Pickling Spice

To make the pickling spice, combine the following ingredients and store in a mason jar with your dried herbs and spices.

- 2 tablespoons black peppercorns
- 2 tablespoons mustard seeds
- 2 tablespoons coriander seeds
- 2 tablespoons hot red pepper flakes
- 2 tablespoons allspice berries
- 2 tablespoons dill seeds
- 2 tablespoons celery seed
- 1 tablespoon whole cloves
- 2 small cinnamon sticks, crushed or broken into pieces
- 12 bay leaves, crumbled