

# Quickles (Quick Pickles)

## Ingredients

### Version #1

3-4 firm fresh mini cucumbers, thinly sliced  
1 tsp salt  
1 tbsp chopped fresh dill (optional)  
1/2 cup white vinegar

### Version #2

1/2 cup white vinegar  
1 tbsp sugar  
1 1/2 tsp salt  
1 cup thinly sliced or ribboned vegetables  
(red onion, carrot, radish, snow pea etc.)  
1/8 tsp spices of your choice (chili flakes, dill  
seed, caraway etc.)

## Instructions

### Version #1

1. In a mason jar layer the sliced cucumbers and sprinkle salt over each layer.
2. Pour the vinegar into the mason jar leaving 1-2 cm from the top.
3. Add the dill to the jar if using.
4. Close lid and shake gently.
5. Place in the fridge for at least 1 hour.

### Version #2

1. In a mason jar place the sliced vegetables.
2. In a bowl stir the vinegar, salt and sugar then pour over the vegetables in the mason jar.
3. Add any spices if using.
4. Close lid and shake gently.
5. Place in the fridge for at least 1 hour.

\*\* Quickles will last in the fridge for about a week.