

# PRESERVED VEGETABLES WITH APPLE CIDER VINEGAR

**DURATION:**  
45 minutes

**SERVING:** 4

## INGREDIENTS

- 1 ½ cups Bragg Apple Cider Vinegar
- 2 cucumber
- 4 tablespoons sea salt
- 1 medium-size carrot
- 10 red radishes
- 2 stems of thyme
- 4 cups water
- ½ cup raw sugar
- 2 tablespoons lemon juice
- 2 garlic cloves, finely diced

## PREPARATION

1. Wash the vegetables, then cut the cucumber into thin slices.
2. Place sliced vegetables into a strainer and sprinkle with two tablespoons of salt. Mix and let drain for 30 minutes; this will help remove excess moisture from vegetables. After 30 minutes, wash vegetables with a strainer.
3. Meanwhile, peel and cut the carrot and radishes, then mix with the cucumber.
4. In each jar, add one or two stems of thyme and garlic. Then fill the jars with the vegetables, leaving a ½ inch space at the top of the jar.
5. To prepare the vinaigrette, boil four cups of water with the vinegar and two tablespoons of salt and sugar. Cook until the sugar and salt have dissolved.
6. Pour the hot vinaigrette into the jars until the vegetables are completely submerged and covered by the liquid. Cover the jars well and let chill for 24 hours before serving.

## TIPS

Try this recipe with other vegetables such as cauliflower for greater variety

