



PICKLED CORNELIAN CHERRIES

Follow the adapted directions below from food blog Fig & Quince
for pickling cornelian cherries in the traditional Persian style!

1

HARVEST



2

SELECT



3

RINSE



4

PREPARE



5

FILL



6

FLAVOR



7

SEAL



8

STORE



9

ENJOY!



Harvest cornelian cherries from shrubs that are 4 years or older in late summer. The fruit is not fully ripe until soft or falling from the bush. Try to use berries of the same size, color, firmness and ripeness. If your berries are unripe, puncture a few times with a toothpick. Make sure to choose the ripest you can find, otherwise you may end up with very astringent and sour cherries!

Fill sterilized jar 3/4th of the way with berries. Add 1/2 TB of salt for every cup of vinegar, and a pinch of dried mint, garlic, salt, or other spices to your liking, and fill with pickling vinegar. If you choose to use mint, white vinegar works best. If you chose not to, other great options include high quality balsamic, peach balsamic, and apple cider vinegar.

Seal the jar and store in a cool, dark place. The pickled berries are best eaten 1 or 2 weeks after sitting, but can be eaten as early as a day after pickling. It makes a good side dish for a robust meal or a sandwich. The cherry itself has a good sized pit, so keep that in mind while consuming! You can use the remainder of your cherries to create jam, syrup, and marmalade.

Pickling fruit is a food preservation method that uses vinegar, salt, or sugar, and whatever herbs or spices complement your fruit, to highlight the natural sweet and tart flavors of your fruit and extend the harvest. You can use a range of different vinegar types to suit your liking just as long as the vinegar has 5% acidity. Check out a reference guide for water bath canning if you want to seal your pickles for later use. **Cornelian Cherries - "zoghhal akhteh" in Farsi**, is found mostly in Eastern Asia, or southern Europe. They're very commonly found in Iranian markets, and can also be cooked with some salt in a pan! The fruit is also sold dried, and sometimes turned into syrups, that are diluted and then added to water, creating a refreshing summer drink.