
Pickled Fiddlehead Ferns

Recipe kindly provided by Chef Amy Foote

Ingredients

- 12 Cups Fiddlehead Ferns
 - 3 Tbsp. Coarse Sea Salt
 - 3 Cups Organic Apple Cider Vinegar
 - 3 Cups Water
 - 1/2 Cup Sugar
 - 18 Garlic Cloves, fresh (add more if you like pickled garlic)
 - 6 Large Dill Fronds, fresh
 - 36 Whole Peppercorns
 - 2 Tbsp. Mustard Seeds
 - 6 Cloves
 - 12 Bay Leaves
 - 6 Pint Jars
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Instructions:

1. Clean and trim fiddlehead ferns. Bring salt, water, vinegar and sugar to a boil.
2. In six sanitized pint jars to each jar add: one teaspoon of mustard seeds, six peppercorns, one clove, two bay leaves, three whole garlic cloves (add more if you like pickled garlic), one dill frond for each jar.
3. Pack jars as tightly as you can with ferns, pour over hot liquid and leave at least a 1/2 inch spacing from the lid.
4. Seal jars with rings and lids.
5. Hot bath process for 20 minutes. Allow to cool overnight on the counter. These are best eaten after at least four weeks. Store in a cool dark place.

MAKES SIX PINT JARS
