

Spicy Pickled Okra



Ingredients

½# Fresh Florida Okra
2 tbsp. crushed red pepper
¼ tsp. ground cinnamon
1 tbsp. granulated garlic
3 tbsp. kosher salt
2 tbsp. light brown sugar
2 cups apple cider vinegar
water as needed

Procedure

1. Wash the okra well. Make an incision with a paring knife into the pod. Trim off any tops that are tough.
2. Pack okra into a quart jar. Add crushed red pepper, cinnamon, and garlic.
3. In a non-reactive pan, combine brown sugar, salt, and 1 cup vinegar. Cook over low heat until sugar dissolves. Add to okra.
4. Add the remainder of vinegar, and top off with water. Replace lid and shake well.
5. Store in refrigerator for a minimum of 3 weeks, shaking to distribute pepper flakes as needed.

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