

# Pickled Green Beans

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This recipe is a quick pickle as I don't use sugar. These can go straight into the fridge. They won't preserve on the shelf. They are moorish and the beauty is that once you have finished them you can reserve the pickling vinegar and add more steamed green beans. You could possibly do this 3 to 4 times depending on how quickly you eat them.

I think these will make a great item on a grazing board this coming festive season.

## Ingredients

40 to 50 beans depending on how big your jar is and how big your beans are  
1 ½ cups vinegar  
1 cup filtered water  
1 ½ tsp fennel seeds (use mustard or coriander seeds if you don't like fennel)  
1 bay leaf  
2 tsp chilli flakes or 5 dried chillies  
4 cloves garlic  
2 ½ tsp salt

## Method

1. Leave the beans whole with the stalk on. Steam them for 3 to 5 minutes. I did 5 minutes as I like them a little soft. Rinse them with cold filtered water and place in a glass jar.
2. Add everything else (except the garlic) to a saucepan and bring to the boil. Then let simmer for 5 minutes, add in the garlic then simmer for a further 5 minutes. Turn off from the heat, keep covered and let cool.
3. Pour the cooled pickling brine over the beans. Then refrigerate the beans. They will be ready to eat in a day or so.