



# Pickled Beets

This is E-A-S-Y and exactly as taught to me by the delightfully longtime Mooresville, NC native, Phylis Carrigan (yes, of Carrigan Farms fame). Let's go!

## Supplies

- 6 or 7 pint jars or 3 quart jars
- Rings
- New lids (wide mouth or regular, depending on your jars.
- Jar Lifter (inexpensive and worth having)
- Canning Funnel (super handy)

## Ingredients

- 4 lbs beets (use your favorite variety)
- 2 cups Apple Cider Vinegar (white is fine too)
- 2 cups sugar
- 2 cups water
- Any additional spices you might like (ie: cinnamon stick or fresh sliced ginger.)

### Step 1: Prep your jars

Run the jars and rings through a cycle in your dishwasher and use the sani rinse setting. Alternatively, you can wash them by hand and boil them for six minutes in a big pot. You'll want them hot when you fill them.

### Step 2: Boil and skin the beets.

Wash the beets and trim off the greens and long roots.

Place the beets in a big pot, cover with water and simmer over medium heat until they're just tender (30-45 minutes.) Drain and rinse with cold water. When they're cool enough to handle, rub the skins off with your fingers. (Your fingers will turn pink which is the sign of a canner!) Cut the beets into bite size chunks and set aside.

### Step 3: Get your canner going

Put your water bath canner on the stove, fill it with enough water to completely cover your jars and get it boiling. Warm your lids in a small saucepan of boiling water too.

### Step 4: Make the pickle brine

In a large saucepan, bring the vinegar, sugar, water and any spices to a boil.

### Step 5: Pack the jars

Fill the sterile jars with beets. (it's best to use a canning funnel.) Slowly pour the brine in to cover. Leave a headspace of ½ inch. Stick a knife in there to check for air bubbles. Wipe the rims with a paper towel that's wetted with cider. Put your lids on and screw the rings on firmly, but not too tight.

### Step 6: Pickle it!

Lower your jars into the boiling water and process for 10 minutes. Lift them out and let them cool on a kitchen towel. They will pop when they seal. You can remove the rings and test your seal by lifting up the jar by the lid.