

Pickled Carrots & Jalapeños | Escabeche

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

For an option to speed up the pickling process, mix the vinegar, sweetener and salt in a small sauce pot, bring up to heat and pour over remaining ingredients. The heat will allow the pickling brine to be absorbed faster.

NOTE: The recipe featured in the photo has additional ingredients such as garlic cloves, bay leaves, black peppercorns and baby yellow zucchini — feel free to experiment to see what you like best.

Step 1: Preparing the Escabeche

- 5 carrots, sliced into rounds paper-thin on a mandoline
 - 1 jalapeno, sliced paper-thin on a mandoline
 - 1/2 white onion, thinly sliced
 - 1/2 tsp fresh oregano, minced
 - 1 clove garlic, minced
 - 1/4 cup rice vinegar
 - 3 tbsp liquid sweetener
 - 1/4 tsp sea salt
- To prepare the Escabeche, in small bowl, add all the ingredients and toss together well. Allow to pickle for at least one hour.
- Set aside and use as a spicy condiment with Mexican cuisine or store in a sealed container in the refrigerator for up to one week.