

- Prep Time: 20 minutes
- Cook Time: 45 minutes
- Pickling / Marinating Time: 8 hours (or overnight)
- Total Time: 9 hours 5 minutes
- Yield: 4 Pint Jars (approx. 16 servings)
- Recipe Intensity / Difficulty Level: Medium (Beginner-Friendly with simple stove work)
- Cuisine: Traditional / American Standard
- Category: Preserves, Condiments, Side Dishes

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Equipment Needed

- Large stockpot (for boiling beets)
- Medium non-reactive saucepan (stainless steel or enamel for brine)
- Slotted spoon
- Chef's knife and cutting board
- Pair of kitchen gloves (optional, to prevent stained hands)
- 4 pint-sized (16 oz) glass mason jars with lids

Ingredients

Main Produce

- 3 lbs Fresh Beets: Medium-sized beets work best for uniform cooking (red, gold, or Chioggia). Leave stems cut to 1 inch and roots intact to prevent bleeding color during

boiling.

Pickling Brine

- 2 cups Apple Cider Vinegar: (5% acidity for proper preservation flavor and balance)
- 1.5 cups Water
- 1 cup Granulated White Sugar: (Adjust to 3/4 cup for a tarter pickle)
- 1 tbsp Pickling Salt or Coarse Kosher Salt: (Non-iodized to keep brine clear)
- 1 tsp Whole Black Peppercorns
- 1 tsp Whole Mustard Seeds
- 2 Whole Cinnamon Sticks
- 6 Whole Cloves
- 4 Whole Allspice Berries
- 1 Bay Leaf (Optional)

Step-by-Step Instructions

Step 1: Prepare & Boil the Beets

1. Scrub the fresh beets thoroughly under cold running water to remove any soil. Leave about 1 inch of the stem attached and keep the taproot intact—this stops the juice and rich color from leaching into the water.
2. Place the cleaned beets into a large stockpot and cover them with cold water by at least 2 inches.
3. Bring to a rolling boil over high heat. Once boiling, reduce heat to medium-low, cover with a lid, and let simmer for 30 to 45 minutes.
4. Check for doneness by piercing a beet with a fork. They should be fork-tender but not mushy.

Step 2: Peel and Slice

1. Drain the cooked beets and immediately transfer them to a ice water bath for 3 to 5 minutes to shock them and stop the cooking process.
2. Wearing kitchen gloves to avoid staining, rub the skins off using your thumbs—they should slip off easily. Cut off the stems and taproots.
3. Slice the peeled beets into 1/4-inch thick rounds, or cut them into bite-sized wedges depending on your preference.

Step 3: Simmer the Pickling Brine

1. In a medium non-reactive stainless steel saucepan, combine apple cider vinegar, water, sugar, pickling salt, black peppercorns, mustard seeds, cinnamon sticks, cloves, allspice berries, and bay leaf.
2. Bring the mixture to a boil over medium-high heat, stirring continuously until the sugar and salt completely dissolve.
3. Reduce heat to low and simmer uncovered for 5 to 10 minutes to allow the spices to infuse into the liquid.

Step 4: Pack the Jars

1. Divide the sliced beets evenly among four clean, sterilized pint-sized glass mason jars, leaving about 1/2-inch of space at the top.
2. Carefully ladle the hot brine over the beets, making sure to submerge all beet pieces entirely while leaving 1/2-inch headspace at the top of each jar.
3. Run a non-metallic utensil or chopstick down the insides of the jars to release any trapped air bubbles.
4. Wipe the jar rims clean with a moist cloth, attach the lids, and screw down the bands until fingertip tight.

Step 5: Chill & Serve (Refrigerator Method)

1. Allow the jars to cool down to room temperature on the counter (about 1 to 2 hours).
2. Transfer the cooled jars to the refrigerator.
3. Allow the beets to pickle in the fridge for at least 8 to 24 hours before opening for maximum flavor development.

Storage & Preservation Notes

- Refrigerator Method: Unopened jars keep fresh in the refrigerator for up to 1 month. Once opened, consume within 2 to 3 weeks for optimal crispness.
- Long-Term Water Bath Canning Method: If you plan to make these shelf-stable, process the packed jars in a boiling water bath canner for 30 minutes (adjusting time for elevation). Properly sealed canned jars store in a cool, dark pantry for up to 1 year.

Flavor Variations & Tips

- Extra Zest: Add 3 thin slices of fresh ginger root to the brine for a subtle warm heat.
- Onion & Beet Combo: Layer thinly sliced red or yellow onions alongside the beet slices in the jars for delicious pickled onions.

- Zero Waste: Save the leftover pickled beet brine! Use it to hard-boil eggs for vibrant purple pickled eggs, or whisk it into olive oil for a tangy salad vinaigrette.

Nutritional Information

Serving Size: 1/4 cup (approx. 85g)

Nutrient	Amount Per Serving	% Daily Value*
Calories	55 kcal	—
Total Fat	0.1g	0%
Saturated Fat	0g	0%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrates	13g	5%
Dietary Fiber	1.5g	5%
Total Sugars	11g	—
<i>(Includes Added Sugars)</i>	<i>(6g)</i>	<i>(12%)</i>
Protein	1g	2%
Vitamin D	0mcg	0%
Calcium	15mg	1%
Iron	0.6mg	3%
Potassium	220mg	5%