

- Prep Time: 15 minutes
 - Cook Time: 5 minutes
 - Chilling Time: At least 2 hours (or up to 2 weeks)
 - Total Time: 2 hours 20 minutes (including chilling)
 - Yield: Approximately 6-8 servings as a side
 - Cuisine: Global / American
 - Course: Side Dish, Condiment, Salad
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Why You'll Love This Recipe

- **Incredibly Easy:** No special equipment or canning skills needed. Just a pot, a knife, and a bowl.
 - **Perfectly Balanced Flavor:** A harmonious blend of tangy vinegar, sweet sugar, and savory spices.
 - **Maximum Crunch:** The quick-blanching method ensures the vegetables stay crisp and never get mushy.
 - **Versatile:** Enjoy it as a side, a topping, or a standalone snack straight from the jar.
 - **Make-Ahead Friendly:** The flavors deepen over time, making it a perfect dish to prepare in advance.
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Ingredients

For the Salad:

- 1 large English cucumber (or 3-4 Persian cucumbers), thinly sliced
- 1 medium red onion, halved and thinly sliced

- 1 large red bell pepper, cored, seeded, and thinly sliced
- 2 cloves garlic, peeled and lightly smashed
- 1 tablespoon fresh dill, chopped (optional, but recommended)

For the Pickling Brine:

- 1 cup (240 ml) white vinegar (or apple cider vinegar for a slightly sweeter tang)
 - 1 cup (240 ml) water
 - ½ cup (100 g) granulated sugar
 - 1 tablespoon kosher salt (or sea salt)
 - 1 teaspoon whole black peppercorns
 - 1 teaspoon mustard seeds (optional)
 - ½ teaspoon red pepper flakes (optional, for a hint of heat)
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Equipment

- Chef's knife and cutting board
 - Medium saucepan
 - Large, heat-safe mixing bowl
 - Whisk or spoon
 - Large glass jar or a non-reactive container with a lid for storage
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Instructions

1. Prepare the Vegetables (Intensity: Low)

Begin by washing and drying all your vegetables. Using a sharp knife or a mandoline slicer, thinly slice the cucumber, red onion, and red bell pepper. The goal is to get them uniformly thin so they pickle evenly and have a pleasant texture. Aim for about $\frac{1}{8}$ -inch (3 mm) thickness. Place the sliced vegetables into a large, heat-safe bowl. Add the smashed garlic cloves and set aside.

2. Create the Pickling Brine (Intensity: Medium)

In a medium saucepan, combine the vinegar, water, sugar, salt, black peppercorns, mustard seeds, and red pepper flakes (if using). Bring the mixture to a boil over medium-high heat, stirring occasionally to help the sugar and salt dissolve. Once it reaches a rolling boil, let it bubble for about 1-2 minutes to allow the spices to release their flavor. Remove the saucepan

from the heat.

3. The Quick Pickle Process (Intensity: Medium)

Carefully pour the hot brine over the sliced vegetables in the bowl. The heat will gently soften the vegetables while the brine immediately begins to flavor them. Stir the mixture gently to ensure all the vegetables are submerged in the liquid. Let the salad sit at room temperature for about 30 minutes. This allows the vegetables to cool down and absorb the flavors without overcooking.

4. Chill and Store (Intensity: Low)

After 30 minutes, transfer the entire mixture, including all the brine and spices, into a large glass jar or a non-reactive container. If you're using fresh dill, stir it in now. Seal the container with a lid and place it in the refrigerator to chill for at least 2 hours. For the best flavor, let it chill overnight. The salad will keep in the refrigerator for up to 2 weeks.

Recipe Notes & Tips

- **Choose the Right Cucumber:** English or Persian cucumbers are ideal because they have fewer seeds and a thinner skin, resulting in a crunchier pickle. If using regular garden cucumbers, you may want to scoop out the watery seeds before slicing.
- **Consistency is Key:** Try to slice the vegetables as evenly as possible. This ensures they all pickle at the same rate. A mandoline slicer is fantastic for this.
- **Non-Reactive Container:** Always use glass, ceramic, or food-grade plastic for pickling. Reactive metals like aluminum, copper, or cast iron can react with the acid in the vinegar, giving the food a metallic taste.

- Flavor Variations: Feel free to customize the spices. Add a bay leaf, a sprig of fresh thyme, or a few slices of jalapeño for extra heat.
 - Don't Discard the Brine! Once you've eaten all the vegetables, the leftover brine is liquid gold. Use it to pickle more vegetables (like carrots or radishes) or as a tangy base for a vinaigrette.
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Nutrition Information

Disclaimer: The following nutrition information is an estimate and is provided for informational purposes only. It is not a substitute for professional dietary advice. Values may vary based on specific ingredients and portion sizes.

- Serving Size: 1/2 cup (approx. 100g)
- Calories: 45 kcal
- Total Fat: 0g
- Saturated Fat: 0g
- Trans Fat: 0g
- Cholesterol: 0mg

- Sodium: 250mg
- Total Carbohydrates: 10g
- Dietary Fiber: 1g
- Total Sugars: 8g (includes 6g added sugar)
- Protein: 1g
- Vitamin C: 20% DV
- Vitamin A: 10% DV
- Calcium: 2% DV
- Iron: 2% DV