Prep (washing, slicing)	15 minutes	Mild
Brine simmering	10 minutes	Mild
Packing jars	10 minutes	Medium (ventilation advised)
Water bath (optional)	10 minutes	Medium
Curing	48 hours minimum	High (flavor develops)
Peak flavor	2 weeks	High

Scoville Estimate: 2,500–8,000 SHU depending on pepper variety (jalapeño, serrano, or cayenne).

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Ingredients

For the Peppers

- 2 pounds fresh hot peppers (jalapeños, serranos, cayennes, or a mix)
- 4 garlic cloves, smashed
- 2 teaspoons black peppercorns
- 2 teaspoons mustard seeds
- 1 teaspoon coriander seeds (optional)
- 4 fresh dill sprigs or 1 teaspoon dried dill (optional)

For the Brine

- 2 cups white vinegar (5% acidity)
- 2 cups water
- 2 tablespoons granulated sugar
- 1 tablespoon kosher salt (or pickling salt)

- 1 teaspoon red pepper flakes (optional, for extra heat)

Equipment

- 4 sterilized pint jars with lids
- Large pot for brine
- Canning funnel
- Kitchen gloves (essential when handling hot peppers)
- Clean towels

Instructions

Step 1: Prepare the Peppers (15 minutes, Mild Intensity)

Put on gloves before beginning—capsaicin oils linger on skin and can cause painful irritation. Rinse the peppers thoroughly under cool running water. Remove stems, then slice peppers into ¼-inch rings. For milder pickles, remove seeds and membranes; for maximum heat, leave them intact. Set aside.

Step 2: Sterilize the Jars (10 minutes, Mild Intensity)

Wash jars and lids in hot soapy water, then submerge in boiling water for 10 minutes. Keep jars warm until filling to prevent cracking.

Step 3: Simmer the Brine (10 minutes, Mild Intensity)

In a medium saucepan, combine vinegar, water, sugar, and salt. Bring to a rolling boil over medium-high heat, stirring until sugar and salt dissolve. Reduce heat and keep at a low simmer. Add red pepper flakes if using.

Step 4: Pack the Jars (10 minutes, Medium Intensity)

Divide garlic, peppercorns, mustard seeds, coriander seeds, and dill evenly among the warm jars. Pack pepper rings tightly into each jar, leaving ½ inch of headspace. Press gently to eliminate air pockets—but don’t crush the peppers.

Step 5: Add the Brine (5 minutes, Medium Intensity)

Using a funnel, ladle the hot brine over the peppers, ensuring they’re fully submerged while maintaining ½ inch headspace. Tap jars gently on the counter to release trapped air bubbles.

Step 6: Seal and Cool (5 minutes + cooling time, Mild Intensity)

Wipe jar rims clean with a damp cloth. Seal with lids and rings. For refrigerator pickles, cool to room temperature (about 1 hour), then refrigerate. For shelf-stable pickles, process in a boiling water bath for 10 minutes, then cool completely.

Step 7: Cure and Store (48 hours minimum, High Intensity)

Refrigerate for at least 48 hours before eating—flavor peaks around two weeks. Refrigerator pickles keep 2–3 months; water-bath processed jars keep up to 1 year in a cool, dark pantry.

Serving Suggestions

- Layer onto burgers, hot dogs, and sandwiches
- Fold into tacos, nachos, and quesadillas
- Stir into potato salad or deviled eggs
- Top pizza for a spicy kick
- Use the brine in marinades, dressings, or bloody marys

Nutrition Information (Per Serving: ¼ cup / ~1 oz)

Nutrient	Amount
Calories	15 kcal
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	280 mg
Total Carbohydrates	3 g
Dietary Fiber	0.5 g
Total Sugars	1 g

Nutrient	Amount
Protein	0.3 g
Vitamin C	15% DV
Vitamin A	4% DV
Calcium	1% DV
Iron	1% DV