

Pickled Walnuts

Ingredients:

green Walnuts

1/2 cup salt for every 5 cups water (for brine)

For spiced vinegar:

For every 5 cups white vinegar, add 2 tablespoons peppercorns, 2 walnut-sized pieces Of dried gingerroot and 2 tablespoons whole allspice.

Directions:

For the Brine:

Boil the water and pour in the salt. Stir well to dissolve and cool before using.

Wearing rubber gloves, prick the walnuts all over with a thin skewer or metal knitting needle. Put them into a bowl and cover with brine. Put a plate on top of the walnuts to keep them under the surface and leave 5-6 days in a cool place. Drain, cover again with fresh brine and leave for another week. Drain well, spread on a tray and leave in a warm room or, better still in the sun. Turn them occasionally and leave for 2-3 days or until they turn black.

For the spiced vinegar:

Crush the spices lightly to bruise them, tie in a piece of cheesecloth and add to the vinegar. Boil in a covered enamel or stainless steel pan for 10 minutes. Cool and remove the spices. Pack walnuts in dry jars, then cover with spiced vinegar, seal at once and leave 7-8 weeks before using.

If you have a Walnut tree, or access to one, you may produce this English recipe. Green Walnuts (picked in June and July, before the shell has formed and can harden in the pickle.) are used. If you push a thin skewer or knitting needle into the nut, you will be able to feel when the nut is beginning to form. Be sure to wear rubber gloves as walnuts stain badly.

Pickled Walnuts

Pickling walnuts is a three-week process from picking to preserving, it is dead simple to make a plentiful supply of pickled walnuts

Ingredients

2kg freshly picked black walnuts
225g salt

Sweet Pickling Syrup

1 litre malt vinegar
500g brown sugar
1 teaspoon allspice
1 teaspoon cloves
½ teaspoon cinnamon
1 tablespoon grated fresh ginger

In the UK pick walnuts at the end of June before the hard nut forms inside the green shiny case. Pick a bucketful and, wearing rubber gloves, prick each walnut a couple of times with a fork. Watch out for the clear juice this produces. It is deceptive, as it stains a dark brown.

Cover the walnuts with water and add salt. Leave for a week, then drain and renew with fresh brine solution for another week or so.

Next, lay walnuts out on trays in a dry, airy place. In a couple of days they will turn jet black. Now the walnuts are ready for to be pickled.

For the sweet pickling syrup

Combine all ingredients in a saucepan. Bring syrup mix to the boil, then add walnuts and simmer for 15 minutes.

Cool and spoon walnuts into large jars, then cover with syrup. They will last for years. These pickled walnuts are great with cheese or cold meats, and make an interesting colour contrast on a pile of mashed potato.

1. Scald the walnuts, which must be used for pickling before they have a hard shell.
2. This scalding will enable you easily to rub off the skin.
3. Put them into a brine of salt and water strong enough to float an egg.
4. Let them stand three days, then shift them into fresh brine, and let them soak three days longer.
5. Now shift them once more into fresh brine, and let them soak four days.
6. They are then fit for the jar.
7. Have ready prepared equal parts of black pepper, Jamaica pepper, allspice, and ginger; a quarter of a pint of cloves, the same quantity of mace, and a pint and a half of white mustard-seed.
8. Beat these ingredients together in a mortar, but do not pound them fine.
9. Put the walnuts into the jar by layers, and over each layer strew some of the mixed seasoning.
10. Then have ready some vinegar boiled with sliced horseradish and ginger, and cover the walnuts with it.
11. When quite cold, cork and bladder the jar.
12. This pickle is much improved by the addition of a little garlic and tarragon boiled with the vinegar.