



*Ilja Harvey* of Pudding Pie Cookery School

## PICKLED GREEN BEANS

**makes approx. 2 litres**



*Pudding Pie*  
Cookery School

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### Ingredients

- 1kg fresh green beans or runner beans (sliced), rinsed and trimmed
- 250g sugar
- 4 cloves garlic, peeled
- 10 small dried chillies
- 25g salt
- 2 tsp multi coloured peppercorns
- 500ml white vinegar
- 500ml water
- 2 lemons, sliced

### Method

- 1 Bring a large pan of water to the boil and blanch the green beans for 2 to 3 minutes until tender-crisp, (don't overcook, you don't want limp green beans).
- 2 Drain and plunge beans into ice water. Drain well. Once cool, put in a large heatproof bowl.
- 3 In the same pan, bring the 500ml of water to the boil along with the vinegar, sugar, salt, chillies, garlic, the peppercorns and the lemon slices.
- 4 As soon as it boils, pour over the beans and allow to cool to room temperature.
- 5 Whilst the beans are cooling, prepare your jars by running through a short hot wash in your dishwasher. Or wash thoroughly by hand, then put in a hot oven to sterilise for 10-15 mins.
- 6 Slice along five of the chillies to allow the seeds to float into the liquid.
- 7 Quickly fill jars to within 1cm of the top. Wipe rims clean, and top with lids. Allow jars to stand in boiling water for 10 minutes to seal.
- 8 Place in the fridge, covered overnight to let the flavours develop. Serve cold.

You can use any green beans or make the pickle with cauliflower or broccoli.