INDONESIA / WILL AND FRIENDS

INFUSED PICKLED FRUITS AND VEGETABLES

Infused pickled fruits and vegetables from Alila Manggis in Bali: green papaya, winged beans and cabbage in a tamarind and chilli brine or a mustard seed and peppercorn brine. Ready in a couple of weeks.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
Makes 4 small jars	30 min	25 min	55 min	Easy	Medium

INGREDIENTS

FOR THE TAMARIND AND CHILLI BRINE

200 ml white vinegar
200 ml water
2 tbsp sugar
1 tsp salt
1 tbsp tamarind pulp
3 small hot chillies, roughly chopped
1 large red chilli, roughly chopped

FOR THE MUSTARD SEED AND PEPPERCORN BRINE

200 ml white wine vinegar
200 ml water
1 tbsp sugar
1 tsp salt
1 tsp mustard seeds
1/2 tsp black peppercorns

FOR THE JARS

400 g green papaya, cut into batons
100 g winged beans or green beans
150 g cabbage, cut into strips
4 garlic cloves
2 chillies

METHOD

MAKE THE BRINES

1 For the first brine, bring the white vinegar, water, sugar, salt and tamarind pulp to the boil with the chopped chillies. For the second, bring the white wine vinegar, water, sugar, salt, mustard seeds and peppercorns to the boil.

STERILISE THE JARS

2 Boil clean jars, with their lids and rubber seals, in a large pan of water for about 10 minutes. Turn off the heat and let them cool in the water for another 10 minutes. Lift them out with clean tongs, without touching the insides.

FILL

3 Cool the brines a little. Pack the jars with papaya, beans and cabbage, adding a garlic clove and chilli to each jar. Pour in the brine to cover the vegetables completely.

SEAL

4 Close the lids. Stand the jars in a pan of hot water and heat gently. The lids pop down once the jars have sealed.

REST

5 Leave the pickles for 2 weeks before opening. Eat from the jar, or serve with a salad.

USEFUL SHORTCUTS FOR HOME COOKS

Use jars with rubber seals and sterilise them. A bad seal means spoiled pickles.

Papaya, winged beans and cabbage are what Alila used. Carrot, cucumber and young mango also work.

Eat straight from the jar, or use the brine to season a salad dressing.

Will is at the Alila Manggis organic cooking class in east Bali, beside the vegetable patch that supplies the kitchen. Executive Chef Rachmad Ridwan shows him how the hotel makes its pickles.There are two brines. One is built on tamarind pulp with chopped chilli. The other uses white wine vinegar with mustard seeds and black peppercorns. The jars are sterilised...