Pickled or Non-Fermented Foods: Pickled Dilled Okra

United States Department of Agriculture, Extension Service

Pickled Dilled Okra
7 lbs small okra pods
6 small hot peppers
4 tsp dill seed
8 to 9 garlic cloves
2/3 cup canning or pickling salt
6 cups water
6 cups vinegar (5 percent)

Procedure: Wash and trim okra. Fill jars firmly with whole okra, leaving 1/2-inch headspace. Place 1 garlic clove in each jar. Combine salt, hot peppers, dill seed, water, and vinegar in large saucepan and bring to a boil. Pour hot pickling solution over okra, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in Table 1.

Yield: 8 to 9 pints

Table 1. Recommended process time for pickled dilled okra in a boiling-water canner.

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>0 - 1,000 ft</th>
<th>1,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Pints</td>
<td></td>
<td>10 min</td>
<td>15</td>
<td>20</td>
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</table>

*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.

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2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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