Pickled or Non-Fermented Foods: Reduced-Sodium Sliced Dill Pickles

United States Department of Agriculture, Extension Service

Reduced-Sodium Sliced Dill Pickles
4 lbs (3- to 5-inch) pickling cucumbers
6 cups vinegar (5 percent)
6 cups sugar
2 tbsp canning or pickling salt
1-1/2 tsp celery seed
1-1/2 tsp mustard seed
2 large onions, thinly sliced
8 heads fresh dill

Yield: About 8 pints

Procedure: Wash cucumbers. Cut 1/16-inch slice off blossom end and discard. Cut cucumbers in 1/4-inch slices. Combine vinegar, sugar, salt, celery, and mustard seeds in large saucepan. Bring mixture to boiling. Place 2 slices of onion and 1/2 dill head on bottom of each pint jar. Fill jars with cucumber slices, leaving 1/2-inch headspace. Add 1 slice of onion and 1/2 dill head on top. Pour hot pickling solution over cucumbers, leaving 1/4-inch headspace.

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

Table 1. Recommended process time for reduced-sodium sliced dill pickles 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>Raw Pints</td>
<td></td>
<td>15 min</td>
<td>20</td>
<td>25</td>
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*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.


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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