



## Pickled or Non-Fermented Foods: Pickled Dilled Okra<sup>1</sup>

United States Department of Agriculture, Extension Service<sup>2</sup>

### 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)

**Yield:** 8 to 9 pints

**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.

**Table 1.** Recommended process time for Pickled Dilled Okra in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15	20

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2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, 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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