



Pickled or Non-Fermented Foods: Reduced-Sodium Sliced Sweet Pickles¹

 United States Department of Agriculture, Extension Service²

REDUCED-SODIUM SLICED SWEET PICKLES

4 lbs (3- to 4-inch) pickling cucumbers

Brining solution:

- 1 qt distilled white vinegar (5 percent)
- 1 tbsp canning or pickling salt
- 1 tbsp mustard seed
- 1/2 cup sugar

Canning syrup:

- 1-2/3 cups distilled white vinegar (5 percent)
- 3 cups sugar
- 1 tbsp whole allspice
- 2-1/4 tsp celery seed

Yield: About 4 to 5 pints

Procedure: Wash cucumbers and cut 1/16 inch off blossom end, and discard. Cut cucumbers into 1/4-inch slices. Combine all ingredients for canning syrup in a saucepan and bring to boiling. Keep syrup hot until used. In a large kettle, mix the ingredients for the brining solution. Add the cut cucumbers, cover, and simmer until the cucumbers change color from bright to dull green (about 5 to 7 minutes). Drain the cucumber slices. Fill jars, and cover with hot canning syrup leaving 1/2-inch headspace.

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

Table 1. Recommended process time for Reduced-Sodium Sliced Sweet Pickles 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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