



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

PICKLED DILLED OKRA

- 7 pounds small okra pods
- 6 small hot peppers
- 4 teaspoons dill seed
- 8-9 garlic cloves, peeled and pierced to allow vinegar penetration
- 2/3 cup canning or pickling salt
- 6 cups water
- 6 cups vinegar (5%)

Yield: About 8 to 9 pints

Procedure:

- 1) Wash and trim okra.
- 2) Fill hot jars firmly with whole okra, leaving 1/2-inch headspace.
- 3) Place 1 garlic clove in each jar.
- 4) Combine salt, hot peppers, dill seed, water, and vinegar in large saucepan and bring to a boil.
- 5) Pour hot pickling solution over okra, leaving 1/2-inch headspace.
- 6) Pack pickles into clean pint-size canning jars. Remove bubbles. Wipe rims and place on prepared sealing lids and ring bands.
- 7) Place jars in a boiling water canner that has been heating with water to 140 degrees, making sure to cover the top of the jars by 1-2 inches. Bring the water to a boil. After the water begins to boil, process pints for 10 minutes. (see chart below for higher altitude times) After processing time elapses, turn off the heat. Remove canner lid. Wait 5 minutes. Remove jars and let cool undisturbed for 12- 24 hours. Store in a cool dry location.



Source of approved recipe: USDA’s Complete Guide to Home Canning--2015, Guide 6, page 19.

Recommended process time for Pickled Dilled Okra in a boiling-water canner				
Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15	20

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