



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

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Orange-Ginger Carrot Coins

Let's just say, once you taste these, you will always have them handy. They are wonderful as a snack, on a pickle platter, in salad, use the brine as a salad dressing base, perk up some leftover Asian food, add to a Chinese Chicken Salad. The possibilities are endless.



Yield: about 7 pint jars

- 6 cups apple cider vinegar, 5% acidity
- 2 cups water
- ½ cup pickling or canning salt
- 2 cups sugar
- 3 Tbsp. fresh ginger, finely julienned
- zest of 2 oranges, finely julienned
- 3 - 4 Serrano chiles, cut into rings (optional)
- 5 lbs carrots, ends removed, peeled and cut into coins about ⅛ - ¼" thick

Blanch carrots for 1 minute, drain, and immediately cool with ice water.

In a large stainless-steel saucepan, combine vinegar, water, sugar, ginger, chiles, and salt. Stir well and bring to a boil over medium-high heat, stirring to dissolve salt and sugar. Add carrots and julienned ginger and orange zest. Bring to a boil then turn off the heat.

Pack carrot coins into hot jars. Be sure to include some orange zest and ginger into each jar. Ladle hot pickling liquid into jar to cover carrots, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim and center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.

Process pint jars in a boiling water bath or atmospheric steam canner for:
0-1000ft. = 15 minutes, 1001-6000 ft. = 20 minutes, above 6000 ft. = 25 minutes.

Before removing canner lid, wait 5 minutes for both boiling water and steam canner, then remove jars, cool, and store. Cool jars for 12-24 hours, wash, label, and store in a cool dark.

Cooks Notes:

Our preference is apple cider vinegar, not apple cider “flavored” vinegar. The regular apple cider vinegar tastes sweeter and fresher. Read the label before buying. Also, make sure your vinegar is 5% acidity for safety reasons when canning. It is posted on the label. Many bargain brands are 4.7% acidity or less!

Source: adapted from Ball Complete Book of Home Preserving



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