

Carrot and cucumber pickle

A sweet-sour accompaniment, but also something to stuff inside sandwiches, and particularly fine with thin slices of air-dried ham in a crisp-crust baguette or adding texture to a soft, doughy wrap. Makes 1 x 500g Kilner jar. Ready in 2 hours

cucumber 1, small
spring onion 1, large
carrot 1, medium
radishes 4
sauerkraut 6 heaped tbsp

For the pickle:

rice vinegar 6 tbsp
cider vinegar 6 tbsp
fennel seeds 2 tsp
black peppercorns 15
juniper berries 8
caster sugar 1 tsp
salt 1 tsp

Peel the cucumber, then slice it in half lengthways. Scoop out the core and its seeds with a teaspoon and discard. Cut the cucumber into 1cm-thick slices and put them in a large bowl.

Peel the spring onion, slice into thin rounds and add to the cucumber. Scrub the carrot then, using a potato peeler,

shave into long ribbons. Add these to the bowl, then thinly slice and add the radishes and sauerkraut.

In a small, stainless-steel saucepan mix together the vinegars, fennel seeds, peppercorns and juniper berries. Add the sugar and salt and place over a moderate heat. Bring to the boil, stirring until the sugar and salt have dissolved. Pour the hot pickling liquor over the vegetables and toss gently together.

Let the pickle cool, then chill in the refrigerator. It will keep for a few days in a sealed jar in the fridge.