

The process of pickling is more than 4,000 years old! Ancient Mesopotamians soaked cucumbers in an acidic brine to preserve them. Pickles have been on the world's culinary stage ever since. You, too, can get in on the fun with these quick pickle staples from around the world!

The logo for the CICN Webinar Series. It features the letters 'CICN' in a bold, sans-serif font. The first 'C' and 'N' are dark grey, while the two 'i's are green. A vertical green bar is positioned to the right of the 'CICN' text. To the right of the bar is a green rounded rectangle containing the words 'Webinar Series' in white, bold, sans-serif font. A black headset icon is superimposed over the green rounded rectangle. Below the logo, the text 'CULINARY INSTITUTE OF CHILD NUTRITION' is written in a smaller, dark grey, sans-serif font. At the bottom, the text 'Visit www.theicn.org/star to watch the CICN Webinar Series' is written in a dark grey, sans-serif font.

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A quick pickle is a vegetable, or a combination, stored in a vinegar brine overnight!

A quick pickle is a unique approach for serving vegetables to your students. They are a great way to add flavor to your menu and expose students to authentic cuisines without adding a lot of sodium!



Quick Pickles



Quick Kimchi



Bahn Mi Vegetables



Escabeche

Escabeche is typically a mix of spicy pickled vegetables used in Mexican cuisine!



Giardiniera is a pickled vegetable mix used in Italian cuisine!



Giardiniera



Kimchi is an important staple in Korean cuisine. Utilizing a quick kimchi recipe is an effortless way to tie in authentic cultural foods and expose students to a variety of vegetables.



Experiment with a variety of vinegars to get the right flavor profile for your students!



This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender. The University of Mississippi is an EEO/AA/Title VII/Title IX/Section 504/ADA/ADEA employer.

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Suggested Reference Citation:
Institute of Child Nutrition. (2021). ICN Webinar Series—Scratch-made Salad Dressings and Condiments. University, MS. Author.

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