

Published based on [How Home-based Pickles Are Healthier Than Processed Ones](#)

How Home-based Pickles Are Healthier Than Processed Ones

Everyone knows that pickles are the most popular snack or starter. But quite few would know that they are a very nutritious part of your food. Just like the [handcrafted jewelry](#) or the [handmade jewelry](#) is created out of precious stones, the jewels in case of pickles are fruits and veggies. There are almost a thousand various pickle recipes out there, but the health benefits vary depending upon the contents used and the process of pickling.

You might have seen various pickles in the market, but there is nothing nicer than a crunchy homemade pickle. The best part is you can alter the contents according to your taste requirements. You like sweet, sour, spicy or whatever flavor, just adjust the ingredients to do so. But hold on a sec! You have to make certain whether the pickles you are feeding to your relatives are harmless or not. So, it is a good idea to have a glance at some of these tips to get a confirmation that your pickles are absolutely safe.

- Arrghh, the mushy and tainted smell again? Take no chances and immediately throw away any food that you find this way. It is not worth taking chances, when you are in doubt just discard them out.
- If you have selected the vegetable cucumber for instance, then it has to be rinsed thoroughly. Besides, everything that comes in contact with the vegetable has to be decontaminated including the jars, lids along with utensils. You can do it, by placing them for 10 minutes in a hot water bath.
- Most importantly, the cucumber you are choosing for pickling must be devoid of bruises or spots. The best way to keep them unharmed is to can them within 24 hours of pickling. It's also a nice practice to take the cucumbers the very day they are bought. Make certain they are not coated as those cucumbers hinder with the curing process. It's sad that most of the store bought cucumbers now days have wax covered on them.
- It's really important in pickling that you employ only the trusted recipes. For instance, there is no real need to change the quantity of vinegar, salt, or water from the recipe. Always remember, in pickling, the ratio of salt to vinegar is a crucial element in the curing of cucumbers and hence making safe pickles.
- It's better to take a stainless steel, aluminum, glass jar for making brine or the salt-vinegar blend. Metallic containers can react with the acid and create some unwanted color alterations which are the indicator of some harmful compounds in the pickles.
- After the cucumbers are tightly packed in the jars, attach the air tight lids. Then again, submerge them in a hot water bath. See the processing time in your recipe which should be almost 10 to 20 minutes.

There are no claims that this is an all inclusive list of every canning tip, but once you follow these precautions you can get a fair amount of comfort that your pickles are safe to eat.

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