

Pickled Cucumbers

Learn to make traditional Middle Eastern pickled cucumbers with garlic and bay leaves. Crisp, tangy, and perfect for mezze platters.

20 min

PREP

20 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 15 cucumber
- 10 clove garlic
- 2 lemon
- 4 bay leaf
- 10 grape
- 2 tbsp rock salt

Instructions

- 1 Prepare the cucumbers**

Wash 15 small cucumbers thoroughly under cold running water and pat dry. Pierce each cucumber 8-10 times with a clean needle or metal skewer to allow the brine to penetrate.
- 2** Peel 10 garlic cloves and leave them whole. Rinse 2 bay leaves and 10 grape leaves under cold water.
- 3** Layer the pierced cucumbers in a clean glass jar, alternating with the garlic cloves, bay leaves, and grape leaves between each layer until all ingredients are used.
- 4 Make the brine**

Dissolve 2 tablespoons of salt in 4 cups of filtered water, stirring continuously until the salt completely disappears and the water is clear.
- 5** Add 2 tablespoons of fresh lemon juice to the salt water and stir well to combine.
- 6 Begin fermentation**

Pour the brine over the layered vegetables until they are completely covered by at least 1 inch of liquid. Place

a clean weight or small plate on top to keep all vegetables submerged below the brine surface.

- 7 Cover the jar with a loose-fitting lid or clean cloth secured with a rubber band. Leave at room temperature (65-75°F/18-24°C) for 15-20 days, checking daily that vegetables remain submerged.
- 8 Taste after 15 days and continue fermenting until the pickles reach your desired level of sourness. Transfer the jar with all brine to the refrigerator to stop fermentation when ready.

Tips

Pierce cucumbers with a clean needle or skewer to allow better brine penetration and prevent bursting during fermentation.

Use filtered water for the brine to avoid chlorine, which can interfere with the fermentation process.

Keep vegetables submerged under the brine at all times to prevent mold growth - use a clean weight if necessary.

Taste your pickles after 10 days to monitor fermentation progress and adjust timing to your preference.

Store finished pickles in the refrigerator with their original brine to maintain flavor and texture.

Save some pickle brine to use as a starter for your next batch - it accelerates fermentation.

Use a clean glass jar with a loose-fitting lid to allow gases to escape during fermentation.