

## **Fresh Pickled Carrots**

### **Ingredients**

- 1 pound carrots, peeled and cut into thin slices
- ½ teaspoon asafetida (available in Indian stores, also known as hing)
- 1 teaspoon black peppercorns
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 cup distilled white vinegar
- 1 cup water
- 2 tablespoons sugar
- 1 tablespoon salt

### **Instructions**

1. Place the sliced carrots and peppercorns in 32 oz glass jar. (You can also divide them between 16 oz jars)
2. Heat a medium saucepan over medium-low heat and toast the cumin and coriander seeds for 30 seconds to 1 minute, or until fragrant being careful not to let the seeds burn. Add the toasted seeds to the carrots and peppercorns
3. Add vinegar, sugar, salt and asafetida, to the saucepan and heat over medium heat until the sugar and salt begin to dissolve. Pour the heated vinegar over the carrots and spices.
4. Set aside and allow to cool to room temperature then cover the carrots with a lid and store in the fridge.
5. You can eat the carrots as soon as they have cooled but the flavor and texture will continue to improve over the next few days. The carrots will keep in the fridge for up to 2 weeks.