

Motorpickle Wheels

SPROUTS

Southwest Edmonton Farmers' Market

What's green and has two wheels?....
A motorpickle! Crunchy and refreshing, this circle-filled salad is a beautiful treat and simply wonderful to eat. The lime and honey, combined with the slightly syrupy vinegar and the sweet tarragon, create a very tasty snack!

Ingredients

- 1/2 cup rice vinegar
- 1/2 cup sugar or honey
- grated zest and juice of 2 limes (1/4 cup juice in total)
- mini cucumbers (2 per person)
- 1/2 tbsp. fresh tarragon (per person)
- 1/4 tsp. black sesame seeds (per person)

Jarred pickles are delicious, but they pack a salty punch! The salt we eat is made up of sodium and chloride. Too much of any nutrient, including sodium, isn't good for your health. These sweet lime pickles have much less salt than store bought varieties. You can still enjoy jarred pickles - moderation is key!



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Market Shopping List

tarragon

lots of mini cucumbers

honey (optional)

One cucumber and its fixings makes one serving



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Recipe created by Sheri Hendsbee

Directions

Wash your limes. With a rasp or the smallest setting of a box grater, scrape the green skin (the zest) off each lime. Turn the lime in your hand each time you get to the white spongy layer of the skin, so that you are only scraping the really flavour-filled part. Set it aside.

Cut your limes in half and twist them back and forth on the pointed part of a citrus juicer until you have squeezed out all the juice you can. You will need 1/4 cup here, but don't worry about being exact. A little more or a little less will be fine. Set it aside.

Bring the vinegar and sugar or honey to a boil in a saucepan over medium heat, stirring occasionally. Turn the heat down to the lowest setting and simmer for 3-4 minutes. The sugar crystals will dissolve and the liquid will become a bit thicker, like maple syrup.

Remove the saucepan from the heat and stir in the limes' zest and juice. Cool the mixture completely.

Wash your cucumbers and slice them into bite sized circles, that are 1/4" thick. Arrange on individual plates or onto one larger serving platter. Make a pretty pattern. Use your imagination!

Pick the tarragon leaves off their stems and scatter them over the cucumber slices. Sprinkle with the black sesame seeds.

Next, take 2 tablespoons of the sweet lime vinegar (per serving) and drizzle slowly over top so that each cucumber slice gets dressed. Eat right away.

Sprouting Chefs

What is tarragon? It is one of the weird and wonderful treasures of a farmers' market. A leaf of this sweet herb tastes like black licorice and, when eaten by itself, creates a numbing sensation on your tongue. Tarragon is often used in French cooking when baking fish.

Creative Cooks

Make this into a "fresh pickle." Pickles are usually made with lots of salt to preserve them and can sit on a shelf that way for years. There's an easier method, called an "overnight pickle." Sprinkle salt over the cucumber slices in a large sieve and let rest for 30 minutes. The salt draws water out of the pickle. Pat with a paper towel and squeeze as much water out of the slices as you can, and then follow the rest of this recipe. It will keep for a few days in the fridge.