

Pickled Dilly Beans



2 lbs. fresh green snap beans
4 sm. garlic cloves
4 heads dill or 4 tsp. dry dill seeds
1/2 tsp. red pepper flakes
2 1/2 c. white vinegar
2 1/2 c. water
2 tbsp. kosher salt

You want to pick out the tallest straightest beans you have. Wash beans and break off stem ends, DO NOT snap beans in half. Peel garlic, I generally smash them once with the flat edge of the knife. In 4 sterilized jars (pint size) put 1 clove garlic, 1 tsp. dill seeds (or 1 dill head, if you have them) and a pinch of red pepper. Fit beans in jar, allowing 1/2 inch head room at top of each jar. (Trim beans if necessary).

Bring vinegar, water and salt to a boil. Pour over beans, filling to within 1/4 inch of rim. Fasten jar tops according to manufacturer's directions and place in a boiling water bath, covering lids with 2 inches of water. Process at a hard boil for 5 minutes. Remove and cool.