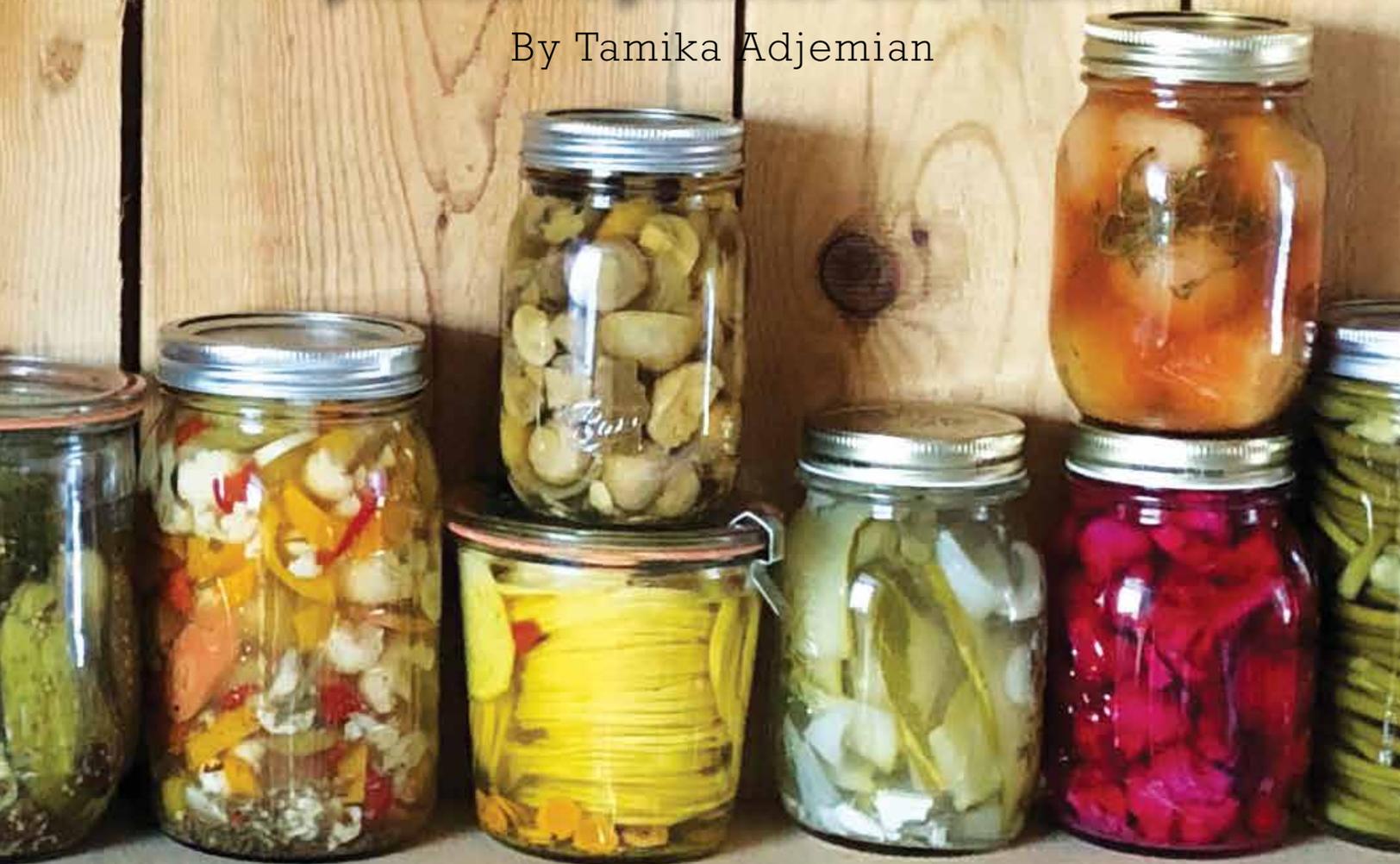


Pickled to Please

A cookbook of creative
mix-and-match recipes for
pickled vegetables and fruits.

By Tamika Adjemian



About the Author

You can thank Tamika Adjemian's grandparents for her passion for good food. Immigrants, steeped in Armenian, Northern Italian and Southern French cultures, they influenced a young Tamika to learn the valuable skills of making something from seemingly nothing and to seek the bounty we can create for ourselves. Fast-forward a few decades ... Tamika's career is a farm-to-table-to-pantry cornucopia centered on creating and teaching. Through her work with the prestigious 92nd Street Y of New York City, Tamika created an edible education program for its large summer camp, teaching everything from gardening to cooking to food preservation with kids ages 4-12. Now a culinary consultant, she can be found developing recipes infused with surprising flavor combinations and dishing up home canning advice for the Ball brand. From cooking and baking in restaurant kitchens to private catering and working with our next generation, she's answering the call of her forefathers. "My journey into growing and creating exceptional foods has always been a journey into my roots, along that ley line, down the branch of history into my ancestors' persistence for self-preservation," says Tamika.

Tamika's world changed when she was diagnosed with celiac disease, so along with food preservation she now specializes in allergy-friendly recipes.

Want more? Find her on Instagram at @tamikaadjemian.



Tamika Adjemian, author of Pickled to Please: A cookbook of creative mix-and-match recipes for pickled vegetables and fruits

PUBLICITY CONTACT

Nancy Heeney
Marketing Coordinator
Ogden Publications
nheeney@ogdenpubs.com
785-274-4304

Sample Q&As

Q: How did you get interested in food preservation?

A: I ate what my grandparents pickled from their garden, and I have always loved brined foods, particularly olives and salty fish. As a chef it seemed a natural progression to incorporate preserving foods into my culinary skillset. Then there are the health and environmental aspects. If we have access to fresh foods, through home or community gardens, local farms, even food pantries, supporting our neighbors and community, using what's abundant and in season makes the most sense. Products with in-season items can be easily made at home, used in everyday cooking and eating, and they taste far superior to those big brand name products sitting on shelves.

Q: You write about food preservation being a journey into your roots. What do you mean by that?

A: Food preservation is historically part of who we are as humans. From ancient cultures burying foods in salt or honey, to the discovery of alcohols and vinegar through fermentation, we have naturally acquired skills to help us preserve foods and, therefore, preserve life. When I started getting deep into preserving, it was more than just to make jam. It was to replicate the fresh apricot jam I had as a child, made by my grandfather, who came from a long European history of this tradition being handed down. So what I mean by a journey into my roots is that sense of knowing that comes with creating something my ancestors did.

Q: For beginning food preservers who may be nervous about the pickling process: Do you have any advice to give them confidence to preserve safely?

A: The act of preserving foods in vinegar is completely safe if you follow a few simple rules, which I repeatedly lay out in my book, because repetition helps us remember. Make sure your vinegar is at least 5-percent acidity (which most white and cider vinegars are), and never dilute the vinegar more than 50 percent with another liquid. While my book encourages creative pickling, beginners should follow a recipe to get a feel for how it works.

Q: Why is the acidity of pickling and fermentation recipes important?

A: Acid is what helps keep out the bad guys: enzymes, bacteria, molds and yeasts, which can not only ruin a pickled food but can make them unsafe. Low acid combined with an anaerobic environment, such as canned foods, creates a space for the *Botulinum* bacteria to release their toxins — which can truly ruin a whole lot more than your pickle. In fermentation, we are encouraging the natural release of lactic acid bacteria, which creates that high acid environment. When home canning pickles, we are doing it with added acids, namely vinegars. Vegetables being preserved without added acid need to be pressure canned, which I don't focus on in this book.

Q: Can you give us some tips to help create unique and flavorful mixes for recipes?

A: Figure out what inspires you when you are cooking, what are your go-to spices and flavors. Mine are often Middle Eastern or Mexican, but yours might be Indian curries. Determine what vegetables you think you'll eat pickled and how you will eat them — in a condiment, straight out of the jar or used in a dish. Then follow the brine recipes and seasoning ideas in my book to create small-batch pickles of your favorite vegetable. For instance, I love every type of mushroom pickle. (I have three recipes in the book.) I could easily do curried mushroom pickles based on my brine recipes. Also, toasting spices before using in pickling, actually in most cooking, will intensify their flavors.

(continued)

Sample Q&As

Q: Do you have a go-to pickling spice combination?

A: I've created several traditional pickling spice mix recipes that one can make ahead and have on-hand, including classic and Indian-inspired blends. Most other pickling brines can be adapted to the inspiration of the moment.

Q: What recipes do you prefer to use the refrigeration method instead of a water bath?

A: I prefer to refrigerate radish and thinly sliced cucumber pickles, such as my Vietnamese-inspired pickles. Any pickle can become a refrigerator pickle instead of using water-bath canning. Once hot brine is poured over the vegetables, you let them cool down then pop them in the fridge, usually eating within a week or two. Grapes and small, soft fruits that might cook in the canning process are also best for refrigerator pickling.

Q: So often, people think of preserved foods as standing on their own ... dill pickle spears, for instance. How can home preservers incorporate these tasty treats into recipes they'll love?

A: Pickle brine recipes are running wild on the Internet right now. After you've eaten those pickle spears, the brine can be used as a marinade for meats and fish, as the acid and salt in brine helps tenderize meat, while with fish it can create thin slices ceviche-style. A quick toss in a pan and you've got a fabulous taco filling, then top with Escabeche or Pikliz pickles. Everyday pickle uses are plentiful, depending on the pickle: They make excellent salad ingredients — I'm a fan of roasted vegetables with some chopped pickled vegetables tossed in, like pickled cauliflower. If we think of pickles as heavily marinated vegetables, we can open ourselves to more creative uses. A classic Nicoise salad can use pickled beans and pickled eggs, or a quick pasta recipe can combine sauerkraut with pickled mushroom pickles and their brine can be a one-stop sauce and veg addition.

Q: What would you like readers to take away from *Pickled to Please*?

A: I want readers and home cooks to know that canning can be creative, that our ancestors have been preserving foods for eons and they can do it, too. Armed with the basic science and a few ground-floor recipes, there are endless pickle combinations, and having a pantry full offers a profusion of cooking options, for the winter months especially. Pickling is a beautiful and delicious way to preserve a summer and fall bounty!

News Release

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CONTACT:

Nancy Heeney, marketing coordinator: nheeney@ogdenpubs.com; 785-274-4304

Christian Williams, special content editorial director: cwilliams@ogdenpubs.com; 785-832-7153

NEW BOOK TAKES PICKLING BEYOND CONDIMENTS

Pickled to Please gets creative with flavor-packed brine recipes,
options for vegetables and fruits

TOPEKA, Kan. – Pickles make a great sandwich sidekick. Relish and sauerkraut dress up ordinary hot dogs and sausages. But pickling and fermenting can create so much more than culinary Robins to Batman mainstays at your local deli.

Pickled to Please: A cookbook of creative mix-and-match recipes for pickled vegetables and fruits brings these foods center stage. Author Tamika Adjemian introduces readers to safe small-batch water bath and fermentation methods, including the types of acids and salts to use, the ratios needed, and a dash of culinary history. The book goes beyond cucumber pickles and basic condiments, encouraging readers to get creative with the spice blends, fruits and vegetables used.

Adjemian shares numerous basic brine recipes to get readers started. She also offers alternative add-ins, from Mexican to Middle Eastern flavors, to punch up the end products. Once readers have made their own batches, Adjemian offers entree and side dish recipes to incorporate the pickled produce into a meal. From Sheet Pan Scarpariello using the Pickled Peppers and Onions (Sausage Style) recipe, to Picadillo using Charred Salsa and Tomato Confit, there's a whole new world of pickled promise awaiting readers.

“Like our predecessors who creatively added their own flavors to break up the monotony of eating pickled cabbage for five months of the year, we can ditch the routine and think outside the parameters of a traditional recipe,” says Adjemian.

Pickled to Please sells for \$24.95 at MotherEarthNews.com and Grit.com, or by calling 800-234-3368 or 866-803-7096.

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Nancy Heeney
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nheeney@ogdenpubs.com
785-274-4304

Have you ever considered canning your own pickled products? It's not as difficult as it sounds, and Tamika Adjemian has put together a well-rounded collection of methods and recipes for your first foray into canning pickles. Tamika's intended audience for *Pickled to Please* is both new and experienced home canners, and the food preservation methods, safety information, and variety of recipes included will add to a home canner's confidence in the creative process.

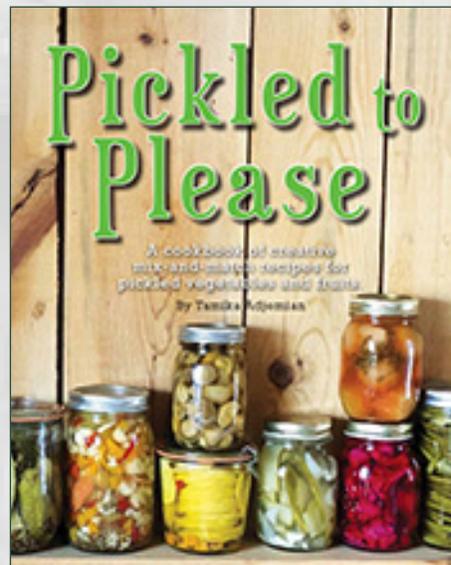
The 'mix and match' approach demonstrates the ease of swapping out seasonings and spices, vinegars and brines, and fruits and vegetables. Every cook will relish the tips in this cookbook, as Tamika encourages cooks to experiment with different flavors and combinations to find the perfect pickle.

After mastering the art of pickling, the home canner can then move on to create recipes using every jar of pickled perfection, and Tamika includes a number of such recipes to help you turn ordinary into delicious at every mealtime.

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