

# Quick pickled courgettes and pickled carrots

Just a touch over a year ago I posted a recipe for quick [pickled red onions](#) and since then I've had this incredible craving for all things pickled.

Almost all things, as I will still draw a line on pickled eggs. So then this foolproof recipe (actually two recipes in one) for quick pickled courgettes and pickled carrots.

You could also use any other veggie of choice such as classic pickled cucumber, sweet pepper, fennel, cauliflower, beets, asparagus or red onions amongst a few options.

You may recall that I mentioned my grandfather who has always been a fan of pickling, canning and making curries and atchars out of all kinds of produce.

Most recently I've been playing around with adding pickled courgettes / zucchini / baby marrow and carrots over and above the usual cucumber and red onion to our pulled pork buns (replacing the coleslaw) and boerewors rolls (South African style hot dog – but made with beef/pork sausage).

These pickles are enough to transform the good old Saturday shopping wors roll to incredibly moreish gourmet fare.

If this is your first foray into pickles, you certainly won't be disappointed. It is quick, easy and you don't need any special equipment.

I'm all about as little fuss as possible, so most of my pickles are based on the cold-pack vinegar method, which is basically a fancy way of saying refrigerator pickles.

This means that the pickles rely on the cold temperatures of the fridge for the preservation and not a specific pH level of

the vinegar. I think this method is a bit more forgiving and takes very little time.

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Actually, we've been using these pickles on many other dishes and even once to give new life and zing to a take-out burger from Steers.