



## Pickle Lemonade

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Spoon for stirring

## Ingredients

Pickle Lemonade

- ☐ 4 lemons
- ☐ 4 C water

- 3 T pickle juice
- 2/3 C granulated sugar, brown sugar, honey, or 4 stevia packets
- 2 C ice, optional

## Food Allergen Substitutions

Pickle Lemonade

## Instructions

Pickle Lemonade

### intro

Time for a spooky drink: pickle lemonade! Don't be too scared; this drink is sweet and refreshing lemonade with just a splash of tangy pickle flavor.

### slice + squeeze

Slice **4 lemons** in half. Squeeze out all the juice into a pitcher.

### measure + stir

Measure and add **4 cups water**, **3 tablespoons pickle juice**, and **2/3 cup sugar**. Stir the mixture until all the sugar is dissolved.

### pour + sip

Add **ice** to each of your cups. Pour the drink into each cup and enjoy this mouth-puckering twist on classic lemonade.

## Featured Ingredient: Pickles!

Hi! I'm a Pickle!

"I'm sometimes sweet, sometimes sour, and sometimes salty! Did you know we start out as small cucumbers? I'm actually a pickled cucumber but people in the United States, Canada, and Australia call me "pickle" for short. In Britain, Ireland, South Africa, and New Zealand they call me "gherkin." Whatever you call me, I bring a crunch and tangy flavor to many foods and dishes!"

Pickles' origins are thought to be from thousands of years ago, possibly 2400 BCE, in ancient Mesopotamia. Queen Cleopatra of Egypt believed her beauty and health could be attributed to pickles, and they were given to ancient Roman soldiers to strengthen them.

Pickles were a luxury food in Victorian England in the late 1800s. They were served in "pickle castors," a

fancy glass and metal container for holding pickled cucumbers and other vegetables with matching tongs. Eastern European Jewish immigrants brought their traditional pickling methods to New York in the late 1800s and early 1900s and sold kosher dill pickles in their delis in the city.

There are several types of pickled cucumbers. A salt brine can be used to ferment and preserve the cucumbers. This results in a salty, sour pickle. They can also be pickled in vinegar.

Sweet pickles are pickled in a solution of vinegar and sugar. Bread and butter pickles are similar but have a vinegar, sugar, and spice pickling solution. They may include mustard seed, celery seed, garlic, onion, and bell pepper.

Dill pickles can be made with a vinegar or salt brine, flavored with dill seeds or leaves and stems (dill weed). Kosher dills are pickles made in a salt brine that includes garlic and dill. "Kosher" is a style, not an indication of adherence to a dietary standard.

Gherkin in the US refers to a pickle made from a young cucumber, and is small and sometimes bumpier than other pickles. They can be sweet or flavored with dill and garlic.

Pickles have a moderate amount of vitamin K. Their salt and sugar content can be high, depending on the type of pickle. Fermentation may offer a source of probiotics, contributing to gut health.