



Kitchen Cheat Sheet: Refrigerator Pickled Okra

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Tips and Extras

- Pick okra that is "young" and slimmer, about the size of your pinky finger. If it's bulging in the middle or very large, it'll taste tougher.
- Don't use frozen okra. The texture after pickling will taste too soft.
- Be sure to let the vinegar mixture come to a rolling boil so that the sugar dissolves and the flavors blend together nicely.
- You can use old jars/lids since we're not sealing them in a boiling water bath. However, they should still be clean and sterile.
- Leave the stems on the okra—they're actually edible, too! After pickling, some people enjoy eating the stem, but that's up to you.
- Don't rush the process—let the okra pickles marinate in the refrigerator for at least three days. If you eat them earlier than that, they may have a bit of a slimy texture.

Variations

- White vinegar works in a pinch if you don't have any apple cider vinegar.
- Use fresh jalapeno slices in place of the red peppers for a slightly different flavor profile. Plus, pickled jalapenos are SO tasty, too!
- Dried dill weed is totally fine, but if you have access to fresh dill, use it!
- Some people like to add red pepper flakes, lemon slices, or a bay leaf. Experiment with the flavors you like best!

Storage

Keep them tightly covered in the refrigerator and they'll last for one to two months. Don't freeze.

FAQs

Are refrigerator okra pickles sweet?

No, these okra pickles don't really taste sweet—the sugar simply cuts the tang from the vinegar a little. If you prefer sweeter pickled okra (like bread and butter pickles) increase the sugar.

Do you have to cook the okra before pickling it?

You do not cook the okra first. You add it to the jars raw. The hot brine cooks it just enough to make perfectly delicious, quick pickles.

Can I make them smaller? Or bigger?

Absolutely. Just adjust the bake time. Smaller = shave off a minute or two. Bigger = add a few and pretend it's still one serving if you only eat one.

How do I keep the cookies soft?

Store them in an airtight container with a slice of bread or half an apple. The cookies steal the moisture like they're plotting something.

Are these good for gifting?

They're excellent for gifting, assuming you can part with them. Wrap them in wax paper, tie with twine, and try not to eat them in the car on the way over.

Nice to have...

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Pickled Perfection Deserves a Pretty Jar.

These wide-mouth vintage mason jars are just begging to be filled with spicy, sassy pickled okra. The airtight lids lock in all that briny goodness, while the retro design makes your fridge look like a Southern grandma's dream. Comes in a 6-pack — because one jar of okra is never enough, darlin'.

👉 Mason Jars