

PICKLED AVOS

INGREDIENTS

3 Medium Avos

1 cup White Vinegar

1 cup Water

1 Tbsp Non-iodised Sea Salt

METHOD

Cut the avocados in half, and remove the pits, then carefully peel away the skin from the fruit. Cut the avocados into large chunks and gently pack them into a clean glass quart jar.

Combine the vinegar, water, and salt in a medium saucepan and bring to a boil.

Pour the brine over the avocados in the jar. Wipe any vinegar spills from the jar rim with a clean towel or paper towel and gently screw the lid onto the jar.

Let the jar sit until it has cooled down. Once the jar is fairly cool, it should be put into the refrigerator for at least 24 hours before eating to give the flavours time to meld. The avocados will keep, tightly sealed in the refrigerator, for up to 2 weeks.