

SPICEOLOGY®



PICKLED

Aka that tangy, salty and vinegary zing.



So what's the dill with all the undying pickled love?

Pickling dates back thousands of years with records of pickled veggies being consumed in Mesopotamia and China. Sure, there's the practicality of preserving food to extend its shelf life. But there's also just something about that sour power that people cannot get enough of.

We're diving into the big, briny world of pickled foods and the science behind just why so many of us crave this flavor profile.

Feel like you're seeing pickle-flavored everything these days? Pizza, popcorn, chips, nuts, dips, beer, ice cream - the pickle party seems to be never ending.



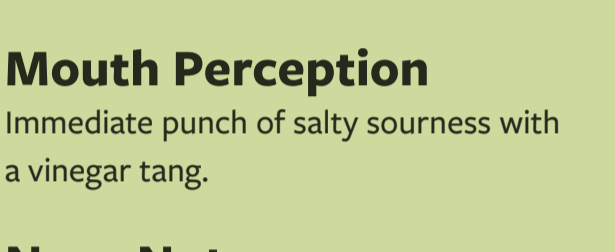
ACID +
FOOD +
TIME =
PICKLING

The Science Behind That Pickled Flavor

Pickling is a process of using an acidic brine to preserve a food. Acidic brines can be made with salty water, sugar water, lemon juice, or (most popularly) vinegar; these brines create a strong acid base where few bacteria are able to survive and the new pickled flavor can start doing its thing.

This is your brain (and body) on pickled.

Quick sensory stimuli breakdown:



Mouth Perception
Immediate punch of salty sourness with a vinegar tang.

Nose Notes
An acidic-sour punch with briny saltiness.

Brain Communique
"There is A LOT going on here with pangs of tang, but my mouth is already watering and I want that."

SPOTLIGHT

This vinegar pickling process changes the flavor of the food, making it more sour, and that's where pickling spice joins the party.



Turns out Spiceology Pickling Spice hits all the right notes for people looking for bigger, bolder, brighter and sourer flavors.

"Pickling is a sort of controlled decay, according to Dr. Bruno Xavier, a food processing authority at Cornell University. 'When living organisms die, they activate several responses in the tissue that trigger the release of enzymes,' a Xavier, that start to break down the vegetable. The acid from the vinegar, along with naturally forming acids in the food itself, slows down that decaying process."

— Max Bonem, "The Science of Vinegar Pickling, Explained" from Food & Wine

But, isn't that fermentation? HERE'S THE DIFFERENCE



Pickling involves soaking foods in an acidic liquid to achieve a sour flavor.



Fermentation is a chemical reaction caused between naturally present bacteria and a food's sugars, or the growth of "good" bacteria that make a food less vulnerable to "bad" spoilage-causing bacteria. No added acid required to get that sour flavor from fermented foods.

PICKLED: A Balancing Act

We've established that pickled foods can be tangy-sour and tartly complex. So how do you balance that vinegar-induced flavor profile? **Add a little sweetness into the mix.**

Adding ingredients (or actual sugars like cane, honey, agave, etc.) with a sweet flavor profile will counterbalance sour and salty flavors, while letting the natural flavors of the food shine through.

(No Really) YOU CAN PICKLE THAT!



Plastic CD cases and Portland parking tickets aside (yep, that's a Portlandia joke), you can pickle pretty much anything. Pickling is one of the most universal food preservation techniques, and we've been pickling veggies, fruits, meats and fish for centuries.

Different cultures have hopped on this preserving technique and thus carved out their own specialties: Mexaican spicy pickled carrots and radishes, Italian Giardiniera, Korean kimchi, Scandinavians can't get enough of pickled fish - the global pickled party runs deep.

And while we're familiar with the usual suspects of veggies, eggs, etc., we're here to get your brain going on some unexpected ingredients on which you can impart that pickled flavor:

Our Favorite Flavors to Add to the Pickling Process



Chimichurri Harissa Jamaican Jerk Korean BBQ Maui Wowie Nashville Hot

Get Some Pickled Flavors on the Plate

We picked Chef Tony Reed's brain for some some ways to get that amazing pickled flavor on your menu.

- Breakfast**
Avocado Toast with Sour Power Kimchi
- Lunch**
Tandoori Glory Seasoned Burger with Ras El Hanout Pickled Ketchup
- Appetizer**
Sour Power and Korean BBQ Kimchi
- Dinner**
Taco Platter with Rio Grande Pickled Jalapeno Salsa
- Sides**
Sourdough and Pickled Greek Freak Hummus
- Dessert**
Mango Tango Preserved Lemon Bars
- Cocktail**
Blackberry Balsamic Lacto-Fermented Ginger Ale



Ingredients and Blends

These products from our Periodic Table of Flavor will impart those puckeringly pickled flavors:



Greek Freak Pink Peppercorn Lemon Thyme Malt Vinegar Powder Over Easy Pickling Spice Rosemary Dijon Sour Power

Order Pickled Ingredients for Your Kitchen SPICEOLOGY.COM