



# MY OLIVE BRINE RECIPE

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2024



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## Olive Brining Process

### Stage 1 – Curing your olives

Place your freshly picked olives into a container of cold water covering all of the olives.

Throw the water out daily and replace it with clean water. (Use a sieve or a colander to strain the water preventing your olives from falling into the basin).

Do this every day for 2 to 3 weeks. Taste the olives after 3 weeks and if they are still bitter, continue for another week.

### Stage 2 – Curing – Seven Days of Salty Water (SDS)

#### Preparation

- Steel pot that can hold 5 Liters of water.
- 5 Liters of water.
- 500 grams of sea salt.
- Large sealable food grade bucket
- 5 Liters of brown vinegar

What to do next....

Heat the 5 Liters of water. (Pro Tip – Do not let the water boil - very low simmer) Add 500g of sea salt and stir until all of the salt is dissolved. Once the salt is dissolved in the water, turn off the heat and leave to cool down.

Let the pot of salty water cool off, preferably overnight. (Pro Tip – Once the water is cool, stir the salty water vigorously to make sure that all of the salt has dissolved in the water).

Place your olives into your bucket. Pour the salty water over the olives and leave for a week. Make sure that the container/bucket is sealed tightly. (Pro Tip – The sealed bucket prevents any contamination and reduces oxidation ensuring that your olives remain fresh during this stage)

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Taste after a week...

Taste your olives after a week and if they are still bitter, make a new batch of salty water (as above) and leave the olives for another week. (I have never had to make a second batch of salty water and had to leave the olives for a second week)

## Stage 3 – Curing – 24 Hour Brown Vinegar Curing

Rinse off the salty water and place the rinsed olives into brown vinegar for 24 hours. (I use the same container/bucket for this next phase of the curing).

After 24 hours pour the brown vinegar back into the vinegar container and use in the food etc. (No need to throw out this vinegar as it is still usable)

## Stage 4 – Breathing - Fresh Air & Light for 4 Hours

Take the olives out of the brown vinegar and place them on a rack or tray for at least 4 hours so that the olives get some light as well as some fresh air before they move onto the next stage of the process! (Pro Tip – cover the olives with a net to keep out unwanted bugs & insects)

Now for the main event...my secret brining recipe & process on the next page...

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## Brine Recipe: -

### Preparation

- Steel pot that can hold 4,5 Liters of water.
- 4,5 Liters of water.
- 300 grams of sea salt.
- 1 Cup of brown vinegar
- 1 Liter Extra Virgin Olive Oil
- Glass Jars with sealable lids

What to do next....

Add 300g of sea salt in 4,5 Liters of water. Warm the water until the salt has dissolved (do not let the water boil).

Once the salt has dissolved in the warm water, add 1 cup of brown vinegar to the water and stir.

Leave the brine solution to cool over night or to reach room temperature. (Pro Tip - Do not pour the warm brine solution over the olives – the olives will lose texture and taste and may go off)

Once the brine has cooled down. Stir the solution well before pouring the brine over your olives in your bottles. Fill the bottles to the rim, leaving a small space to add some extra virgin olive oil (EVOO).

Pour a table spoon of EVOO on top of the brine, making sure that the olive oil covers the brine and the olives in the jar/bottle.

Tightly seal the filled bottles and place them in a cool dark place for at least a month. The longer the fresh olives sit in the brine the better.

I normally leave my olives in the brine for a minimum of 3 to 4 months before eating them.

Suggested Additives - Add your favorite herbs and spices to your brine solution.

(Request our secret sauces [HERE](#))