

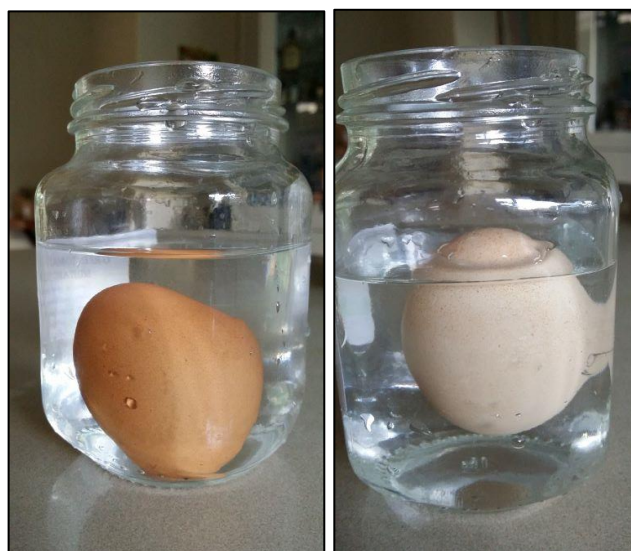
MAKING A BRINE SOLUTION SUITABLE FOR OLIVES



You may have heard about the old ways of measuring out how much salt is needed for the curing and preserving. This involved using an egg in a jug of water and then adding salt and dissolving it so that the egg floats to the top and shows about a 10c piece diameter above the water surface level.

I don't use this method as it just isn't reliable. The quantities depend on several factors, namely the freshness of the egg. A freshly laid egg will need more salt in order to get it to float, whereas your supermarket sample or one that has been sitting in the fridge will not need as much salt as the air sac within the membrane under the shell already has air in it. These two pics show 2 eggs at varying stages of freshness BEFORE any salt is added.

Need I say more? So use a 10% solution as the safest bet. You can get away with say 8% but the olives will take longer to cure.



BRINE SOLUTION RECIPE (10%)

For every 1 litre of water, you will need 100g of cooking salt. Look for sea salt, kosher salt or any generic supermarket brand that is non-iodised.

After calculating how much volume you need to fill jars containing the olives, weigh out the salt. eg if you need 750ml of water, you will need 75g of salt.

Dissolve the salt in the amount of water you need to fill your jars. You can boil water and then dissolve the measured salt in this; or use boiled and cooled water to dissolve your salt. Allow any brine solution to cool before use.

