

GREEN OLIVES – SPLIT (CRACKED OPEN)



The olives used here must be very firm and green, preferably picked recently. You can try this with any type of largeish green olive. It's not worth trying this method with tiny olives.

CRACKED GREEN OLIVES by MRS LOUCA

1. Wash the firm green olives. With a sharp blow, split each olive, leaving the stone in, and immediately place the split olives into a bowl of water to prevent the olives going brown. Continue until all the olives are cracked.

Do not remove the stone.



2. Place the olives into your clean jars and calculate how much total curing solution is needed to fill all the jars.

To make the curing solution:

Make up 4 parts 10% brine* to 1 part white vinegar, with a squeeze of lemon to each jar. (eg if you need a litre of solution, use 800ml brine to 200ml vinegar + lemon juice)



3. Fill the jars of olives with the solution. Place a slice of lemon over the top to help keep the olives submerged. Pour a layer of olive oil over the top to help keep the air out. Seal and store.

Taste the olives after 6 weeks – they should be ready to eat. If still bitter, seal and store once again.

When serving, Mrs Louca dresses them with cracked coriander seeds and smashed garlic cloves and then drizzled with olive oil.

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.