

## GREEN OLIVES - the simplest method



### SIMPLE BRINE METHOD

1. Using a clean glass jar, fill the jar up with the olives. Try to push in as many as will fit.
2. Make up a **10% brine solution\***. Pour the cooled solution into the jar to cover the olives.
3. Put a slice of **lemon** over the olives to acidify the solution. This also helps to keep the olives submerged.
4. Then add a **3-5mm layer of olive oil** over the top before sealing the jar.

If using a metal lid, even one with a rubber seal, it's a good idea to create a barrier between the highly salty solution and the metal. To this end, I cut a square of **baking paper** and place it on top of the jar and then screw the lid in place.

5. Store in a cool, dry place, preferably with an old cloth or paper towel underneath. There could be leakage as part of the fermentation process which helps cure the olives.



Green olives – just bottled and one year later

#### ***Estimated time to cure:***

- Small olives – up to one year or, for large green Jumbo Kalamata – up to two years.

Unopened, the olives will keep for up to 2 years. Once opened, check for bitterness by tasting one. (You may notice fizzing – this is a natural part of the fermentation process in the brine). If still bitter, re-seal the jar, add a fresh lemon slice, top with oil once again and wait a month longer before re-trying. You might also drain the original brine from the jar and make up a fresh solution.

If the olives are to your taste, remove as many as needed and rinse them well; or put and keep them submerged in fresh water to remove the excess saltiness. You can then dress or marinate them for several hours before serving. Any olives remaining in the original jar need to have some oil left to cover the brine and should be stored in the fridge.

#### **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.