

## SLIT and PRE-SOAKED METHOD



*Here we use multiple water changes to initially remove some of the bitter oleuropein and then continue the curing by bottling in brine.*

1. Cut one or two slits into each olive down the length.
2. Place the slit olives in a plastic, glass or ceramic bowl (not metal) and cover with water. Keep submerged by placing a large plate over the top. Add several slices of lemon to acidify the water.
3. The next day, drain off this water and re-fill the bowl with fresh water, again adding lemon slices. Repeat this for 10-14 days. (The more times this is repeated, the faster the olives will eventually cure). You can do this twice a day to speed up the process a bit more.



You will notice the olives losing their characteristic bright green to becoming more 'olive green', starting especially at the slits.

You can cure them completely until olive green before bottling which may take several weeks of water changes; or bottle them after 10-14 days to continue the curing as well as preserving them.

When you wish to stop doing the water changes and bottle them:

Make up a **10% brine solution** (see below).

Drain the olives one last time of the water and fill clean jars with the olives. Add brine solution to fill the jars. Add a fresh slice of lemon to cover the olives, top with olive oil and seal.

*Variations:* add your aromatics such as dried herbs and chilli to vary the finished flavour.

*Estimated time to cure:* probably about 6 months less than simple bottling slit olives without pre-soaking.

### **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.