Hot Honey Garlic Refrigerator Brussels Sprouts



Garlicky Brussels sprouts in a sweet-hot vinegar brine with coriander and lemon peel.

About 8 small servings · Prep 15 min · Heat/cook 20 min · Cool/pack 15 min Total ~12 hr 50 min, with 12 hr fridge rest 12–24 hr rest counts within the 3–4-day limit.

INGREDIENTS

1 lb (450 g) fresh small Brussels sprouts, before trimming

1 1/2 cups (360 ml) distilled white vinegar, labeled 5% acidity

1/2 cup (120 ml) drinking water for brine

1/4 cup (85 g) honey

1 tsp (6 g) fine salt

4 small garlic cloves, peeled, lightly crushed

1 tsp yellow mustard seeds

1 tsp coriander seeds, lightly cracked

1/2 tsp red pepper flakes

2 yellow lemon-peel strips, each ~3 inches; no white pith

2 tbsp small fresh cilantro leaves, rinsed well and drained

EQUIPMENT & SAFETY

Pot, colander, ice-bath bowl, small saucepan, clean utensils, fridge thermometer; two pint-capacity heat-safe shallow containers plus a spare. Capacity is a planning estimate.

Contains mustard. Honey: not for children under 12 months. Use commercial 5% vinegar, not cleaning or homemade vinegar. No oil. Do not dilute or reuse brine.

Use within 3–4 days of preparation, INCLUDING rest. This household limit uses USDA general leftovers guidance; it is not a validated shelf life for this custom pickle.

METHOD

1 · Prep. Wash hands and tools. Rinse sprouts and lemon. Trim dry stems and damaged leaves; halve through stems. Quarter sprouts over 1 1/2 inches wide. Measure everything; ready an ice bath and clean, room-temperature heat-safe containers.

2 · Blanch. Bring 2 quarts water to a rolling boil (~10 min). Add sprouts; return to boiling, then cook 3 min. A knife should enter with definite resistance, not a raw-hard center; allow up to 1 min more. This is for texture, not sterilization.

3 · Stop cooking. Transfer immediately to ice water for ~3 min until cold. Drain cut sides down ~2 min; blot trapped water. Discard all blanching/cooling water. Divide sprouts among shallow containers; use a spare rather than crowding.

4 · Make brine. Heat all measured vinegar, 1/2 cup brine water, honey, salt, garlic, both seeds, flakes and peel, stirring to dissolve. Simmer 2 min (~6 min total). Off heat, add all rinsed cilantro. Divide hot brine/aromatics over sprouts; settle with a clean spoon to cover. If short, make more in identical proportions; never top up with plain water.

5 · Chill; flavor-rest. Stand containers in an ice-water bath ~10 min, keeping bath water out; cover, date and refrigerate promptly at 40°F or below. Or place hot food directly in the fridge in shallow heat-safe containers; do not counter-cool fully. Refrigerate within 2 hr of cooking (1 hr above 90°F); discard if exceeded. Rest 12–24 hr in the fridge, inside the storage limit.

6 · Serve cold; finish promptly. Lift portions with a clean utensil; drain. Keep reserve cold, covered and beneath brine. Do not return served food. Aim to finish by day 3; discard by day 4 from preparation. Limit total time out to 2 hr (1 hr above 90°F); discard if exceeded or if mold, slime or unexpected bubbling appears. Do not taste to test. Normal smell is not proof of safety. No canning, pantry storage or room-temperature fermentation; a lid seal or acidity does not prove safety.

Inspiration: Homemade Flavor Recipes' "Hot Honey Garlic Pickled Brussels Sprouts" public caption. Separately consulted: Sophie, YummyRelish, same title. Safety: USDA FSIS, Leftovers and Food Safety — general cooling and 3–4-day guidance. Preparation reference only: NCHFP, Pickled Cauliflower or Brussel Sprouts — a different canning formula, not the method used here.

RECIPE NOTE

Not kitchen-tested; quantities, yield and times are estimates. AI-generated serving illustration.

Sources: [1] facebook.com · [2] yummyrelish.com · [3] fsis.usda.gov · [4] nchfp.uga.edu