

# CREATING PICKLED BELL PEPPERS

**INSTRUCTIONS:**

IN THIS ACTIVITY, YOUR GROUP WILL MAKE TWO DIFFERENT VERSIONS OF PICKLED PEPPERS BY USING DIFFERENT BRINE RECIPES. ONE VERSION WILL PRODUCE SOUR PICKLED PEPPERS AND ONE VERSION WILL PRODUCE SWEET PICKLED PEPPERS. READ AND COMPLETE EACH STEP CAREFULLY.

1. Sanitize your tabletop area with disinfectant wipes.
2. Wash your hands.
3. Retrieve glass pint jar with lid.
4. Fill pint jar with chopped bell peppers, to within 1/2 inch of top.
5. Fill jar with brine to cover peppers.
6. Seal jar with lid and wipe clean.
7. Label jar with masking tape and permanent marker. Include group members' names, date, and brine used (sweet or sour).
8. Repeat process using alternate brine recipe.
9. Refrigerate both jars for approximately six days.
  - a. Monitor daily to ensure the brine is completely covering the peppers, add more brine as necessary. Do not open jars during monitoring, unless necessary.
  - b. After six days, remove the film present on the surface. If the film is white and flat, it is most likely yeast. Yeast is a common occurrence in pickled vegetables, it is not harmful, but should be removed from the jar.
  - c. Sample and compare the sweet and sour versions.
10. Reflect on the these questions; your teacher may ask you to write or discuss:
  - a. What changes did you observe in your pickled peppers over the course of six days?
  - b. Based on your reading of Perfectly Pickled: Probiotics Pack a Punch, what key ingredients must be in the brine recipe to promote the growth of good bacteria?
  - c. Why was it important to keep jars sealed and refrigerated during the process?
  - d. How did the fermentation process change the flavor and texture of the bell peppers?
  - e. Did this experiment cause a chemical or physical reaction? Use evidence to support your claim.

