

True Oldies



Exclusive Radio Recipes

By Laura Kurella

Crispy Claussen-style pickles

- 1 1/2 quarts boiled water, cooled*
- 2 fresh dill flowers*
- 2 cloves garlic, peeled and halved*
- 1 1/4 pounds pickling cucumbers, scrubbed and rinsed*
- 6 sprigs fresh dill*
- 1 tablespoon kosher salt*
- 1/2 cup white vinegar*

In bottom of a gallon-sized Mason jar that has been cleaned and sterilized, place dill flowers and garlic. Add cucumbers, while alternately placing sprigs of dill in center of the jar, amongst the cucumbers. Add salt and vinegar then fill jar with boiled water—that is now cooled—to within 1/8th of top of jar. Put a sterile seal on the jar and then a ring to seal it shut, tightly. Shake jar to dissolve salt and distribute. Set jar upside down on the counter—away from sunlight and heat. Let sit for 4 to 5 days, turning the jar from upright to upside down daily then let the jar sit upright for 2 more days. Refrigerate and enjoy once chilled. Pickles will last—depending on how clean you got everything—for about 6 months. If mixture becomes white, cloudy or slimy—discard because this means you got bacteria growing in the jar and its contents needs to be discarded.

Approximate servings per recipe: 8. Nutrition per serving: Calories 15; Fat 0g; Sodium 866mg; Carbohydrate 3g; Fiber 0.3g; Sugars 1g; Protein 0.5g.



Creamy Cucumber-dill Dip

- 4 ounces Neufchatel Cheese*
- 1/2 cup mayonnaise*
- 1 medium peeled and chopped cucumber*
- 1 green onion*
- 1 teaspoon lemon juice*
- 1 teaspoon dill weed*
- cayenne pepper, to taste*
- salt and pepper, to taste*

In the bowl of a food processor, pulse cheese until smooth. Add remaining ingredients and pulse until smooth. Cover tightly and chill until use.

Approximate servings per recipe: 4. Nutrition per serving: Calories 202; Fat 14g; Sodium 324mg; Carbohydrate 11g; Fiber 0.5g; Sugars 4g; Protein 4g.