

## Pickled Frog Balls - Tangy Brussels Sprouts You'll Crave Daily

Pickled Frog Balls: A Zesty Twist on Brussels Sprouts



**TIME**  
**4 min**

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**ChefManiac**

### INGREDIENTS

- 2 Cups Brussels Sprouts, trimmed and halved if large
- 4 Cups Water
- 2 Tbsp Pickling Salt or Kosher Salt
- 1 Cup White Vinegar
- 1 Cup Apple Cider Vinegar
- 2 Tbsp Sugar
- 2 Garlic Cloves, smashed
- 1/2 Tsp Mustard Seeds
- 1/2 Tsp Black Peppercorns
- 1/4 Tsp Red Pepper Flakes (optional for heat)
- Fresh Dill or Dill Seed (optional for extra flavor)

How to Make Pickled Frog Balls:

1. Prep the Sprouts:
2. Prepare the Brine:
3. Pack the Jars:
4. Cool and Store:

Tips for Success:

Trim and blanch your sprouts for better texture and absorption.

Use apple cider vinegar for a hint of sweetness and depth.

Add spice with red pepper flakes or jalapeño slices.

Store in the fridge for up to 2 months-if they last that long!

Serving Suggestions:

Add to charcuterie boards or antipasto platters

Serve alongside BBQ or smoked meats

Chop and toss into a grain bowl or salad

Enjoy straight from the jar!

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Final Thoughts:

## DIRECTIONS

1. **Prep the Sprouts:** Trim the ends of the Brussels sprouts and peel away any tough outer leaves. Blanch in boiling water for 3-4 minutes, then transfer to an ice bath to stop cooking.
2. **Prepare the Brine:** In a saucepan, bring water, vinegars, sugar, and salt to a boil. Stir to dissolve. Add garlic, mustard seeds, peppercorns, and optional dill or red pepper flakes.
3. **Pack the Jars:** Place Brussels sprouts in clean glass jars. Pour hot brine over them until submerged. Seal with lids.
4. **Cool and Store:** Let cool to room temperature, then refrigerate for at least 48 hours before enjoying. The flavor deepens over time!
5. **Tips for Success:** Trim and blanch your sprouts for better texture and absorption.
6. Use apple cider vinegar for a hint of sweetness and depth.
7. Add spice with red pepper flakes or jalapeño slices.
8. Store in the fridge for up to 2 months-if they last that long!
9. **Serving Suggestions:** Add to charcuterie boards or antipasto platters
10. Serve alongside BBQ or smoked meats
11. Chop and toss into a grain bowl or salad
12. Enjoy straight from the jar!
13. **More Recipes You'll Love:** [These Easy Pumpkin Spice Muffins Are My Favorite](#) [Fall Treat to Bake on Repeat](#)
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17. This : No-Bake Oreo Cream Pie Is My Favorite Quick Dessert Hack
18. Final Thoughts: If you've never had a pickled Brussels sprout, now's the time to get adventurous. These Pickled Frog Balls are punchy, bold, and a little unexpected-the kind of treat that leaves a lasting impression. Whether you're a pickle lover or just looking to shake up your snack game, this recipe delivers every time.
19. Make a batch, tag @chefmaniac, and share the pickle love! ??

## TIPS FOR SUCCESS

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Use apple cider vinegar for a hint of sweetness and depth.

Add spice with red pepper flakes or jalapeño slices.

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