



# Masterclass Lesson Plan

**Chef / Instructor:** Alex  
**Subject:** Traditional Food Preservation

**Focus:** Advanced Pickling Techniques  
**Duration:** 2 Hours

## INGREDIENTS & OBJECTIVES

- Master the brine ratios for cucumbers and green tomatoes.
- Understand the fermentation process and safety standards.

## PREP & COOKING SCHEDULE

TIME	STEP
15 mins	<b>Mise en place:</b> Sterilizing jars and sorting vegetables.
45 mins	<b>The Brine:</b> Mixing spices, vinegar, and salt ratios.
60 mins	<b>Packing &amp; Sealing:</b> Proper layering and final pasteurization.