

HOW TO MAKE FERMENTED VEGETABLES



Fermenting Vegetables

- Thinly slice or chop organic vegetables into bite sized pieces (in alphabetical order: broccoli, cabbage, carrots, cauliflower, garlic, kohlrabi, peppers, and radishes)
- 2 cups room temperature filtered water
- 1 1/2 tablespoon coarse sea salt
- 1 quart wide mouth jar
- Plastic lid lined with wax paper (not necessary, but if you're going to do this often, the regular metal lids will corrode from the acid)
- Any spices or herbs for flavor or color that you like (in alphabetical order: basil, bay leaf, caraway seeds, chili powder, dill, fennel seeds, ginger, peppercorns, turmeric, etc.)
- 1 small cabbage leaf

Instructions

1. Place vegetables and any spices/herbs you're using in the jar right up to the bottom of the neck, there should be about 1 inch of space to the top.
2. Stir the salt and water together until dissolved.
3. Pour the salt water over the vegetables until it reaches just below the top of the jar. There should be about 1/2 inch of room left.
4. Fold a small cabbage leaf and press it down on top of the vegetables so that it keeps the vegetables submerged in the salt water. This isn't necessary but helps make sure the vegetables are submerged. Feel free to skip this step if you don't have cabbage on hand.
5. Close the lid on the jar tightly and place the jars out of direct sunlight in a relatively moderate temperature (68-75 degrees).
6. You will start to see some bubbling around day 2 or so. After day 2, over a sink (in case it leaks/drips), gently loosen the lids to let some of the gas escape once or twice a day. There will be a strong smell.
7. The vegetables are ready anywhere from day 4-10. The longer they sit, the more 'tangy-sour' they'll be. Taste them starting on day 4 to figure out your preference.
8. Once you decide they are the level of 'tangy-sour' you are looking for, place the jar in the refrigerator where it will keep for a couple of months. Refrigeration will stop the fermentation process.

Nutrition Information

YIELD: 10 SERVING SIZE: 1

Amount Per Serving: CALORIES: 11; TOTAL FAT: 0g; SATURATED FAT: 0g; TRANS FAT: 0g; UNSATURATED FAT: 0g; CHOLESTEROL: 0mg; SODIUM: 959mg; CARBOHYDRATES: 2g; FIBER: 1g; SUGAR: 1g; PROTEIN:1G