

FERMENTED HOT SAUCE

INGREDIENTS

250 g hot chillies of your choice
2 carrots
¼ onion
2 garlic cloves
2 teaspoons salt

EQUIPMENT

1 x 500ml jar (2 cups)
Glass weight
Lid with airlock
Blender or immersion blender
Knife and cutting board

INSTRUCTIONS

Prepare the vegetables. Be sure to use gloves. Cut off the stems of the hot chillies. If desired, remove the seeds and the inner part of the chillies. Remove any black seeds.

Peel the carrots and cut them into large slices. Cut the onion into large chunks.
Peel the garlic cloves.

In the mason jar, stack the chillies, carrots, onion, and garlic. Add the salt. Cover the vegetables with water.

Place a glass weight on top of the vegetables to keep them submerged under the brine. Close the jar with a lid fitted with an airlock. Let it ferment at room temp for 2 to 3 weeks.

After fermentation, blend the vegetables. Open the jar and remove the weight. Using a sieve, separate the vegetables from the brine. Reserve the brine. In a blender or with an immersion blender, puree the vegetables. Add the reserved brine as you go, to adjust the consistency of the sauce. When you are satisfied with the consistency of the sauce, pour it into the glass jar and put it in a cool place.

NOTES

This fermented hot sauce can be stored for several months in the fridge. If you have any brine left, try using it to enhance your soups or dressings.