

Honey Fermented Bread & Butter Pickles

1 lb pickling cucumbers (about 6 to 8)
1 clove of garlic
1 teaspoon pickling spice
1/2 teaspoon ground ginger
1/4 teaspoon ground turmeric
1 teaspoon of kosher salt
2 tablespoon pure unpasteurized honey
1 1/2 cups of water (chlorine-free, enough to cover)

INSTRUCTIONS

Wash the cucumbers and trim off the blossom ends. Cut them into circles or sticks, depending on your preference. Pack the cucumber slices into a clean 1-quart jar. Add garlic and spices to the jar.

In a bowl combine the water, honey, and salt, and whisk together to make a brine. Pour the brine over the cucumbers. Use a weight to keep the cucumbers submerged. If needed, top with a little more water to make sure the cucumbers are under the brine.

Allow to ferment somewhere cool and dark for 2 -5 days. The ferment will bubble vigorously, so be sure to use a lid that will release the excess carbon dioxide. After fermenting, taste a pickle slice and adjust the flavors to suit your taste.

To make them more sour, drain away 1/2 cup of brine and replace it with 1/2 cup of cider vinegar. To make them sweeter, stir in 2 Tbsp of white sugar. Store in the refrigerator and enjoy within 1 month.

NOTES

The brine can be reused to make subsequent batches of pickles. After finishing the pickles, stir in another 1 Tbsp of honey, then fill the jar with cucumber slices and ferment again. This can be done 3 to 4 times.