

FERMENTED KOSHER DILL PICKLES

INGREDIENTS

2 lbs pickling cucumbers, or enough to fill one 1/2-gallon jar or 2 x litre jars
4 cups water, without chlorine
2.5 to 3 tablespoons Sea Salt
8 cloves garlic, peeled and crushed
8 sprigs fresh dill
1 tablespoon black peppercorns
1 teaspoon whole mustard seeds

Spice blend

4 cloves
1 bay leave
8 allspice berries
1 1/2 teaspoons whole coriander seeds

Optional add-ins

To maximize crunch, add 1/2 tsp Pickle Crisp or pure calcium chloride
To add touch spiciness, add 1/2 teaspoon crushed chili flakes

INSTRUCTIONS

Make sure jar and lid are completely clean using warm soapy water then rinsed well.

To make brine, dissolve salt in 2 cups warm water, then add 2 cups cold water plus the spices. Give a good stir or shake vigorously with lid on.

Lightly wash the cucumbers and cut the ends of each cucumber. Cut as little off as possible. Place cucumbers in a bowl with ice water and allow to soak for 1 to 2 hours. This will help produce a crunchy pickle.

After soaking, pack the cucumbers as tightly as possible. This is to avoid them rising to the surface. (A fermentation weight is strongly recommended)

Add the garlic, bay leaf, and dill to the jar. Push down dill to keep from floating. For added spiciness, add a 1/2 teaspoon red pepper flakes.

Pour spice-filled brine into the jar until filled to about 1 inch from the top. Add the weight and make sure that everything is submerged. If no weight is used, make sure everything is submerged and fill to about 3/4 inch from the top. You can also use a piece of cheese cloth to lay on surface.

Apply a fermentation lid / airlock or alternately, you may simply use the lid which comes with the mason jar(s), but this needs to be "burped" (lid turned to release gas) every day for the duration of the ferment.

Store in cool, dark place for 3-7 days

Ferment for 3-4 days for half sours, and up to a week for full sours. Pickles will continue to ferment in the fridge if you prefer them even more sour.

Warmer temps usually result in a faster ferment. The ideal temperature is between 64 to 77 degrees.

TIPS FOR SUCCESS

Try not to open jars when fermenting at room temperature just to avoid potential contamination. However, when first attempting fermentation you should sample the pickles as they change.

To minimize risk, make sure everything is returned to being fully submerged under the brine. When pickles reach your desired sourness, remove and discard the glass weight then refrigerate.

Cloudiness of liquid and bubbles forming are normal, as well as sediment falling to the bottom. This is due to the fermentation process. Keep an eye out for surface mold and discard if this develops (fuzzy material in colors such as blue, green, brown, black, etc.).

A waxy material called Kahm yeast can form at the surface and is harmless, but usually not ideal due to its flavor.

There is always a slight risk for mold development if small seeds and seasonings like peppercorns and coriander rise to the surface.