

FERMENTED HOT SAUCE RECIPE

INGREDIENTS

3lbs Fresno Peppers (approx. 40)
3 Habanero Peppers
1 tsp mixed peppercorns
4 Cardamom pods
1 teaspoon red pepper flakes
3 cloves garlic, crushed
6 Tablespoons sea salt
6 Tablespoons sugar
Enough water to cover (1.5 to 2 litres)

INSTRUCTIONS

Using gloves, remove tops and seeds and piths from peppers. To your fermentation jar, add salt, sugar, spices and garlic. Add 2 cups water to cover spice layer, close jar, and shake to mix together and melt the salt.

Place peppers into jar and add remaining water

To ferment, close jar and place in a cool dark area. Let ferment for 10 days. Slightly opening jar daily to release gas. Slightly open the lid.

After 10 days, check mixture and massage peppers with gloves to release gases. Ferment for another 10 days.

Strain peppers from jar, keeping the liquid aside to use later

Transfer peppers to blender, add 1 cup reserved liquid and blend mixture at varying speeds until consistent. Be careful not to blend too long. The sauce can overheat

Remove mixture from blender and store in mason jar in the fridge.