

FERMENTATION RECIPE

INGREDIENTS

2 tbsp. kosher salt

4 ½ cups water – 65 degrees.

½lb washed and prepped vegetables

**The weight of salt used should equal 2.5% to 4 % of the water weight
For example, 400 grams of water requires 10 grams of salt*

Flavor enhancers:

Pickling spice, fresh herbs and or peppercorns, mustard seeds, cumin & coriander seeds

Fermented Corn - Corn kernels. Sliced onion, sliced jalepeno, thyme

Fermented Bell Peppers

Bell peppers bite six pieces, coriander seeds, garlic cloves, dry chili

Fermented Sliced Carrots

Carrots peeled and cut, thyme, mustard seeds, cloves garlic, sliced onion

Fermented Potato Sticks - Potato, cut into large sticks

Fermented Cherry Tomatoes - Cherry tomato, oregano, sliced onion

DIRECTIONS & GUIDELINES

To the clean jar, add your veggies. Add water and then pour it off into another container to get weight. Weigh out salt and shake with water and pour back over vegetables

In a saucepan, add water, flavor enhancers if using, and salt. Bring to a simmer to ensure salt is dissolved. Remove from heat and allow to cool. Place vegetables in a clean jar, and cover with cooled brine. Fill a small plastic bag with brine and place that on top of the vegetables to keep them submerged. This is important to prevent slime and mold. Place the jar in a cool spot (65C) for 7 days. Store in fridge for up to 4 months