

## **Fermentation with Brine**

### **Brine:**

1 tbsp salt

1 cup water (filtered if possible)

Note: add salt to a small amount of boiling water to melt then top off with remaining water

### **Fermented Veggie with Brine:**

#### Step 1: Prep veggies

Wash (organic local) veggies like beets or carrots by scrubbing and chopping off any bad parts. Peeling is not necessary and best to keep the skin on for extra nutrients. Then chop veggies into cubes, strips, or whatever shape you like.

#### Step 2: Flavour, weight, add salt

Use a scale zeroed out with a bowl. Add chopped veggies and flavours to the bowl to determine the total weight. Now that you have the total weight calculate 2% of that total weight to determine the amount of salt. Once everything is in the bowl give it a little mix around.

Note: 5 grams of salt is 1 tsp

Note: The salt ratio for fermentation is between 1.8% and 2% of the total weight

Note: for the flavour get creative and use your intuition for measurement. Flavours such as fresh ginger, fresh garlic, dried rosehips, mustard seeds, caraway, juniper, whatever you like.

#### Step 3: Jar and top with brine

Add you flavoured/salted veggies to clean jars and top off with brine. Leave room at the top of the jar so you have space for your weight. Over a tray push the weight down to ensure everything is fully submerged under the brine solution. Cover with a clean cheesecloth or tea towel and secure with an elastic band.

Note: to clean glass jars just run them under hot water

Note: weights can be smaller glass jars. If more weight is need filled with water or rocks.

#### Step 4: Let the magic happen and enjoy

Now we wait and monitor the magical fermentation process. Depending on the temperate allow veggies to fermented for between one to four weeks. Check on ferment every few days and skim any benign mold off the top. Give the ferments a sniff and taste test and once you're happy with the ferments texture and flavour it's time to store. Remove weights, pop a lid on the jar, and store in the fridge or cold space.

Note: mold doesn't like movement so check on it will allow this process to deduce

Note: Beets like to create more benign mold so check more often if needed

Happy fermenting!