

Immune Boosting Carrot Ferment

You can make Gaz Oakley's immune-boosting carrot ferment with mostly carrots, a little cabbage, and aromatic spices like cardamom and cloves for additional flavor and health benefits. These warming spices are sometimes used in his sauerkraut and ferment recipes to support digestion and immunity.



- 4-5 large carrots, shredded or julienned
- 1/4 small cabbage (about 1 cup), finely sliced
- 2-3 garlic cloves, sliced
- 1 thumb-sized piece ginger, grated
- 1 chili pepper, chopped (optional)
- 2-3 whole cloves
- 2-3 cardamom pods, lightly crushed
- 1 tsp fresh turmeric, grated (or 1/2 tsp ground turmeric, optional)
- Sea salt (2% by vegetable weight; about 12g per 600g veg)
- Filtered water, only if needed for brine

Instructions

Combine carrots, cabbage, and sea salt in a bowl. Massage for several minutes until juices are released. Add garlic, ginger, chili, cloves, cardamom, and turmeric. Mix well.

Pack tightly into your ferment jar, making sure veggies are submerged by the natural brine. Place a cabbage leaf or fermenting weight on top to keep vegetables below the brine. Seal with an airlock lid and ferment at room temperature for 5-10 days.

Refrigerate once flavor develops as desired.

Cardamom and cloves add a fragrant, peppery note, enhance antioxidant content, and may have antimicrobial effects to support overall wellness. Enjoy a spoonful with meals for immune and gut health. Adjust spice levels to match your palate!