



# Fermented Carrots or Pickles

Prep Time	Fermentation
15 – 20 minutes	7-21 days

## Equipment

- Knife
- Cutting board
- 2 pint or quart sized jars, wide mouth
- 2 fermenting weights
- 2 airlock lids, silicone fermenting lids or clean, breathable fabric with canning ring

## Ingredients

- 1-2 lbs fresh carrots, clean but not peeled OR fresh cucumbers
- 2-3 tablespoons Redmond Real Salt
- 1-2 quarts of water, non-chlorinated
- Optional: One or more seasonings from below per jar:
  - ½ red onion, sliced
  - Fresh dill head, or dried dill seeds
  - 2 teaspoons dried chipotle pepper flakes
  - 2 cloves of garlic, crushed (garlic flavor increases with fermentation!)
  - 2 teaspoons Szechuan Peppercorns
  - Thumb-sized piece of fresh ginger, sliced
  - 1-2 teaspoons dried chili flakes
  - 2 bay leaves and 1 teaspoon cracked peppercorns
  - Sliced off zest of 1 lime (strong lime flavor!)

## Instructions

1. Dissolve salt in water, and set aside.
2. If using optional seasoning(s), add to bottom of jars. For best results, use a small piece of fresh garlic. Either one will help discourage unwanted surface growth, and the flavors will pop.
3. Cut into slender sticks (or cucumber spears), and pack into jars vertically. Make sure you are cutting your carrots or cucumbers to that they leave a 1 inch headspace...if needed you can use quart sized jars. Pack tightly.
4. Pour brine over carrots, add a weight if needed\*, make sure that the carrots are below the level of the brine, and cover securely with an airlock lid.
  - You may need to wait a day or two to put the weight in once the carrots/cucumbers soften.
5. Label with contents and date.
6. Let sit at room temperature out of direct sun for 7-21 days, tasting to see when you like them. The longer the ferment, the stronger the flavor.
7. Move to fridge when you like them and enjoy over the coming months. Cover with a regular canning lid. These will last for months in the fridge.