

Fermented Carrots

Fermented carrots are a great addition to any meal and provide a crunchy snack throughout the day. You can make a large batch or start with a single jar.

Tools:

- Knife
- Cutting board
- Large bowl to hold cut carrots
- ½ gallon wide-mouth jar
- Fermentation weight (can be a glass weight, a folded cabbage leaf, or a rock in a sealed ziplock bag; glass weights are available on Amazon)
- Cover (can be a fermenting lid, a loose-fitting canning lid, or a tea towel held in place with a rubber band)

Ingredients:

- 1 lb. carrots
- ½ gallon filtered water
- 4 tablespoons mineral salt (such as sea salt, Celtic salt, Himalayan salt; do not use table salt)

Steps:

1. Prepare the brine: bring 2 cups filtered water to a light simmer, remove from heat, and add salt. Pour into a ½ gallon glass canning jar. Add remaining filtered water until the jar is full.
2. Peel the carrots and slice lengthwise into strips.
3. Pack the strips into the ½ gallon canning jar, leaving 1-2" headspace.
4. Pour the brine into the jar, leaving the 1-2" headspace.
5. Place the weight on top of the carrots/brine.
6. Place cover and set where it will not be disturbed for 2-10 days. Length of time depends upon the temperature and your taste preference. You can test each day for flavor and texture. Once you are happy with it, replace the cover with a lid and band screwed tightly, and place in refrigerator. They will last 3-5 months.

Added note: the carrots will have their own carrot flavor plus a salty, tangy/sour kick. You can adjust flavor by adding pickling spices, such as garlic or onion, or dill.