



Brined Summer Vegetables



Ingredients

(Approx. 2kg total)

Vegetables

- Carrots
- Beans
- Chillies (red & green)
- Onion
- Turnips (diced)
- Spring Onion (2cm)
- Cucumbers
- Cauliflower

Herbs

- Garlic cloves
- Fresh Dill
- Fresh Rosemary
- Fresh Thyme
- Fresh Oregano



Spices

- Peppercorns
- Celery seeds
- Cinnamon
- Chilli flake
- Star Anise
- Fennel Seeds
- Dill Seeds

Brining liquid

- 1.5% brine (15 grams mineral salt in 1 litre filtered water)
- Splash of rice wine vinegar or raw apple cider vinegar or dash of plain kombucha



Makes approx. 2* 1 ltr jars

Instructions

1. This is more a list of possibilities than a recipe.
2. Chop and combine as available and to your taste.
3. Pack firmly into jars or crock to remove air pockets.
4. Fill up to the shoulder, leaving 3- 5cm for the mix to rise. Cover all with the brine, leaving 2.5-4cm of space to the rim. Ideally the mixture should be under the brine. If the mixture keeps floating above the brine then place a clean folded cabbage leaf & piece of carrot on top as a plug to hold the mixture under the brine.
5. Ferment at room temperature on the kitchen bench for 7-14 days.
6. Transfer to storage jars and refrigerate.

This recipe is suitable from Late November until February

