

Fermented Vegetables

PREP TIME: 10 MIN

TOTAL TIME: 2-3 DAYS

YIELDS: 1 GLASS JAR (2 CUPS/16 OZ)

Ingredients

½ raw yellow bell pepper, sliced

½ raw red bell pepper, sliced

¼ raw red onion, sliced

3-4 fresh parsley leaves

1 raw carrot, sliced/shredded

lengthwise or cut into cubes

300 g water (~1.5 cups)

15 g salt (~1 Tbsp + 1 tsp.)

(kosher or sea salt)

Equipment

1 glass jar with twist lid

Optional: glass weight, spring
for gradual pressure release

Recipe Benefits

- GI Health
- Anti-inflammatory



Nutrition Content for 1/4 Recipe

Calories: 22kcal Carbohydrates: 5.2g
Fat: 0.1g Fiber: 1.1g
Protein: 0.6g Added sugar: 0g
Sodium: unable to determine due to
brine/absorption



1. Slice washed, raw vegetables.
2. Fill the jar with half the amount of water (150 g) and salt (7.5 g). Heat the jar in the microwave for 10–15 seconds, then swish the water around with a spoon to help dissolve the salt.
3. Begin adding the sliced raw vegetables to the jar, packing in tightly.
4. Do not fill the jar too high with vegetables; try to stay 1 inch below the lid base groove so that the vegetables can be fully submerged in liquid. If the vegetables are not fully submerged, mold is more likely to grow (a glass weight can be used to push veggies down).
5. In a separate small bowl, measure the remaining water and salt. Stir to partially dissolve. We are mixing this separately so that the correct proportions are measured in the event that the jar cannot handle the full recipe amount of water (since vegetables vary in size).
6. Pour the salt & water mixture to the vegetable jar, submerging the vegetables. It is best to leave about ½ inch from the base of the lid groove to allow plenty of space for pressure build up.
7. Place the lid on the jar, only spinning it once. It is important that the jar have the ability to gradually release pressure, as it will be building during the fermentation process.
8. Every 6–8 hours, unsecure the lid to release pressure build up. However, if the jar lid is not secured tightly, this step may not be necessary. Beware that if your lid is tightened and you do not release pressure, your jar will burst.
9. Allow to ferment for at least 2 days (3 days for best results) on the counter at room temperature. After the 3-day mark, if the vegetables are not fully consumed, placing in the refrigerator at this point will preserve freshness. If the fermentation liquid/vegetables are kept on the counter for longer than 3 days, it will gradually become sourer and more fermented, though should remain safe to consume as long as the vegetables are submerged in the fermented liquid.