



## FERMENTED PICKLES



### INGREDIENTS FOR FERMENTED BABY BEETS WITH GINGER AND TURMERIC

3 beets  
100g raw turmeric  
1 inch of ginger thinly sliced  
1 tbsp sea salt  
water

### INGREDIENTS FOR FERMENTED BABY CARROTS WITH

orange oil  
2 bunches baby carrots  
1-3tbsp sea salt  
water

### METHOD FOR FERMENTED BABY BEETS WITH GINGER AND TURMERIC

Slice the beets, turmeric ginger into thin slices.

Stack the vegetables in a jar.

Mix the salt into the water until dissolved, then pour brine into jars until beets are just covered.

Submerge your veggies with a vessel, like another jar that fits inside, and cover these.

Place jars on small plate and allow to ferment at room temperature (65-78 degrees F)

Once you're happy with the flavor and acidity, remove the weights.

Put lid on and refrigerate.

### METHOD FOR FERMENTED BABY CARROTS WITH ORANGE OIL

Dissolve salt in water.

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### INGREDIENTS FOR SPICED CABBAGE, APPLE AND FENNEL KRAUT

1 medium fennel bulb  
1 medium green cabbage  
3 firm tart apples, deseeded and sliced  
2 tbsp sea salt  
water

### INGREDIENTS FOR PICKLED CAULIFLOWER AND PEAS

1 head of cauliflower  
200g peas  
2 tbsp salt  
500ml distilled vinegar  
200g granulated sugar  
1 tsp mustard seeds  
1 tsp coriander seeds  
½ tsp cumin seeds  
1 tsp ground turmeric  
½ tsp chilli flakes

### INGREDIENTS FOR WHISKY PICKED CARROTS

¾ cup apple cider vinegar (5% acidity)  
¼ cup white vinegar (5% acidity if you're planning to process them)  
1 cup water  
1 ½ tablespoons Kosher salt

Place the carrots in the jar and pour the liquid over the carrots, leaving 1-2 inches headspace.

If necessary, weigh the carrots down under the brine to keep them submerged.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved.

### METHOD FOR CABBAGE, APPLE AND FENNEL SAUERKRAUT

Slice apples, fennel and cabbage

Mix the cabbage, apples and fennel in a bowl with salt, massaging the cabbage to help the salt penetrate

Put the cabbage mixture in a glass jar and press down on the mixture until it releases enough liquid to cover itself.

Place a weight on top.

### METHOD FOR PICKLED CAULIFLOWER AND PEAS

Break the cauliflower into florets, place in a bowl and sprinkle with salt. Add the fresh peas, cover and leave overnight. The following day, wash well and dry.

Put the spices, sugar and vinegar into a saucepan and bring to a simmer, stir until the sugar has dissolved.

Put the cauliflower and peas into jars then pour over the warm vinegar until the cauliflower is completely covered.

### METHOD FOR WHISKY PICKED CARROTS

In a wide saucepan, combine apple cider vinegar, white vinegar, water, and salt. Bring to a boil over medium-high heat, then reduce to a simmer & cook, stirring occasionally, for 10 minutes. Remove the pan from the heat, add the carrots, and let sit for 5 minutes.

Then pack jars with carrots. Add garlic and dill

Add the maple syrup and whiskey to the jar. Pour hot brine over the carrots. Stir or mix gently with the handle of a clean wooden spoon, and tap to remove any bubbles.

Cover jars with lids and let cool before refrigerating.