

# fermented beets

**Makes 12-16 servings**

RECIPE FROM: [The Spruce Eats](#)

PREP TIME: 15 minutes

FERMENTATION TIME: 7 days

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- 1 ½ pounds beets, about 2 large
- 2 - 3 cups room temperature filtered water, non-chlorinated
- 2 Tbsp kosher salt or sea salt, not iodized
- 3 - 4 tsp dry thyme (or 3-4 Tbsp fresh thyme)
- 1 - 2 garlic cloves
- 5 peppercorns

**GATHER** the ingredients. Make sure your hands, jars, tools and work surface are clean.

**SCRUB** the beets, then cut off the tops and root ends. You can peel them, if desired. Cut the beets into ½ inch cubes, or cut them into ¼ inch thick slices.

**COMBINE** the water and salt in a large measuring cup; stir to dissolve.

**PACK** the beets, thyme, garlic and peppercorns in a wide-mouth quart-size mason jar or 2 (1-pint) jars, leaving at least 1 - 1½ inches of headspace to allow for the weight.

**ADD** enough of the salted water brine to cover the beets completely. To keep beets submerged, add a fermentation weight or another type of weight in a plastic bag.

**PLACE** a lid on the jar. If you don't have an airlock lid, secure a square of cheesecloth on the jar with a rubber band. Alternatively, screw the lid on loosely and unscrew it periodically to let out any air.

**PLACE** the jar on a baking sheet, shallow bowl, tray or plate to catch any spills or juice that might bubble over.

**PLACE** the jar in a cool, dark place. When fermentation is underway, the brine may appear cloudy—it will clear after about 1 week or when fermentation is complete.

**STORE** fermented beets in the refrigerator with a tight-fitting lid from 1 to 2 months. Be sure the beets remain completely submerged in their brine when refrigerated.

