probiotic lacto-fermented carrots

Makes 8 servings

RECIPE ADAPTED FROM: The Spruce Eats

PREP TIME: 10 minutes

FERMENTATION TIME: 7 days

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2 tsp kosher salt, sea salt or other non-iodized salt

3 cups water, filtered

1 ½ pounds carrots

NOTES:

If you plan to store the fermented carrots for longer than a month, move the jars to a cooler part of your refrigerator.

For some additional flavor, add onion or garlic, hot chili peppers, bay leaves, or other herbs to the bottom of the jar before packing in the carrots.

IN a medium bowl, dissolve salt in filtered water.

WASH carrots. Slice off the stem ends and peel them.

CUT the carrots short enough to fit into a mason jar with a little headspace above.

CUT the carrots lengthwise into quarters.

PLACE one clean quart-sized mason jar or two clean pint jars on their sides and pack the carrots in so tightly that it is impossible to squeeze in even one more carrot. This will prevent the carrots from floating up to the air once upright and covered with brine.

ONCE the jars are full, set them upright. Pour the salt brine over the carrots. They must be completely covered by the brine.

COVER the jars loosely with lids, or tightly with fermenting air lock lids. Place the jars on small plates or a tray to catch the overflow that may happen during active fermentation. Leave the jar at room temperature for 1-7 days, ideally in the dark. You can cover them with a box if needed.

AFTER the first 24 hours, remove the lids and check on the ferment. You should start to see some bubbles, and a mild, refreshingly sour smell (like a light version of sauerkraut) will begin to develop.

ONCE you see and smell the signs that the carrots are actively fermenting, transfer the jars to your refrigerator. If they are in a warm part of the refrigerator, they will continue to slowly ferment.

FERMENTED carrots are ready to eat 1 to 2 weeks after you start them. Enjoy them straight out of the jar as a pickle or chop them and use them in salads, wraps or summer rolls.

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