



Lacto-Fermented Dill Pickles

Adapted from David Lebovitz & Sydney Warshaw

Ingredients

16 cups water
6 tablespoons kosher salt
20 Kirby or Lebanese cucumbers, cleaned
8 large garlic cloves, peeled
2 ½ tablespoons pickling spices (you can also make your own pickling spice mixture with some or all of the following spices: black pepper, coriander seeds, mustard seeds, all spice, celery seeds and cumin)
¼ - ½ teaspoon crushed chili flakes
1 bunch of dill, rinsed

Tools

Large pot
Measuring spoons
4 1-quart mason jars & their tops
Chef knife
Small bowl
Funnel

Instructions

In a large pot, bring 4 cups of water and salt to a boil, making sure to stir until all the salt is dissolved. Remove the mixture from the heat, add the remaining water and set aside until cool.

Sterilize the four mason jars by running the tops and the jars through the dishwasher or by filling them with boiling water, pouring it out, and then pouring it over the exterior of the jars and tops.



Separate the cucumbers among the four jars, placing them vertically in the jars and making sure they're tightly packed in, you'll have 4-5 cucumbers in each jar. Once the pickles are nestled in the jars, divide the garlic, pickling spices, chili flakes, and dill between the jars.

Fill the jars with brine, making sure to cover the cucumbers completely. Place the lids loosely on the jars. Let the jars rest in a cool, dark place for 7 to 14 days, depending on how sour you'd like your pickles to be.

You can taste a pickle after 7 days to see how they're coming along. When the pickles are to your liking, refrigerate them. They will keep in the refrigerator for one to two months.



Sauerkraut

Adapted from The Gefilteria

Ingredients

1 medium head green cabbage and/or red cabbage (about 3 pounds)
1 1/2 tablespoons kosher salt
1 tablespoon caraway seeds, mustard seeds, black peppercorns (or other spices you like), optional

Tools

Cutting board
Chef knife
Large mixing bowl
Measuring spoons
2 1-quart mason jars
2 small jars that fit within the larger mason jars
Liquid measuring cup
Clean kitchen towels

Instructions

Remove the dirty or discoloured outer leaves of the cabbage, and rinse the cabbage head under cold water. Dry the cabbage. Slice the stem off the cabbage, quarter the head, and cut out the core.

Slice each of the cabbage quarters into thin shreds, using a sharp knife. Place the shreds into a large bowl as you work. Once all the cabbage has been shredded, sprinkle the salt into the bowl, and using your hands, coat the cabbage with the salt. Press down on the cabbage occasionally to release the liquid. The cabbage will quickly begin to “sweat” and reduce in volume.

Keep gently massaging the cabbage, moving the cabbage from the bottom to the top of the bowl, for 10-15 minutes. The cabbage should reduce in volume by about a quarter, and it will glisten. You’ll know the cabbage is ready when you can squeeze a handful and liquid drips out.



If you're using any spices, now is the time to mix them in. Pack the cabbage into two 1-quart jars along with any liquid in the bowl. Push down forcefully on the cabbage to release more liquid and release any air bubbles in the jars. The liquid in the jars should rise above the cabbage, if it doesn't, mix 1 cup of filtered water with 1 teaspoon of kosher salt, and pour over the cabbage until it's completely covered.

Find two small jars that fit into the jars the cabbage is in, and fill them with water. Place the jars on the cabbage in order to keep it submerged. Cover the jars with clean kitchen towels and let the cabbage ferment at room temperature out of direct sunlight, for 7 to 10 days. There will likely be foam and bubbles that appear during fermentation, this is a normal part of the process. The longer the cabbage ferments the more sour the end product will be, and you can start tasting the cabbage after 7 days until it reaches your desired sourness. Once the sauerkraut tastes good to you, place a lid on the jar, and refrigerate. It will keep for 9 months.