

Pickles

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Brine Guidelines

These are an estimate as percentages are measured in weight and volume of salt changes based on the kind of salt. So volume measurements will never be exact. This is meant to be a guide.

2% brine – 1 TBS sea salt per quart of water
3% brine – 1.5 TBS sea salt per quart of water
4% brine – 2 TBS sea salt per quart of water
5% brine – 2.5 TBS sea salt per quart of water

Ideas of what to pickle:

onions, carrots, cukes, peppers, green tomatoes, corn, radishes, beets, garlic, leeks,

Hot sauce recipe:

peppers from your garden

garlic

onion

2% brine

Ferment for a month. Toss in blender and puree reserving some liquid if too much

Pickled carrots/cukes/green tomatoes

carrots or cukes or green tomatoes

black pepper corns

bay leaf

fresh dill

fresh garlic whole

red chili flakes or fresh chili pepper cut to release heat

Lid/Jar Method: snug lid on jar to snug but not wrenched on. Fermentation process produces carbon dioxide which pushes out air and keeps ferment from browning or getting any yeast growth

I don't use weights with this method. I find them unnecessary.