

How to Make Easy Fermented Pickles

1



Choose the right cucumbers. You want pickling cucumbers. Normal size cukes will not turn crisp. One peck basket (11 lb) yields 7 quarts.

2



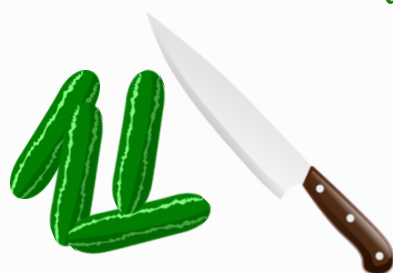
Wash the cukes. Then soak them whole in a bowl of ice water for 15-30 minutes.

3



Make the salt brine. Use 3 T. Himalayan pink sea salt for every 4 cups of water. If you have city water, run it through a filter. Do not use iodized salt.

4



Slice the cucumbers into coins or spears. Or leave whole.

5

Use a wide-mouth jar.



Fill Mason Jar with cukes. Add garlic, chopped pepper, or onion if desired.

6



Pour the salt brine over the cukes so everything is covered.

3 Tips to a Perfectly Crisp Pickle

- Dunking your cukes in ice water for 15 minutes will make them crisper.
- Place a black tea bag in each jar. The tannin from the black tea helps create crisp pickles. Cut the tip off the pickle -- especially the end where the flower was connected.

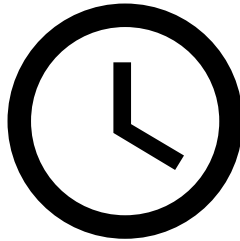
Fermented Pickles

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Put an onion wedge on the top to act as a "weight" to keep cukes covered. You don't want them exposed to air. Then screw the lid and ring on, trapping the air inside the jar. That's it! No cooking required.

8



Leave the jar out on your counter for 3 days. Fermenting will take longer if it's colder in your house. Do not refrigerate the jar or you will stop the fermenting.

9

Check the jar every day.



You'll see bubbles begin to form inside. Burp the jar each morning, letting CO₂ escape. Seal again. Taste on the 4th days Refrigerate indefinitely once you like the taste. They are ready to eat!

When you burp your jar, make sure the cucumbers are still under the water. If you need to add more water to keep it covered, add some brine to it. (Brine = 4 cup of filtered or well water to 3 T. of sea salt)



Fermented Pickles

INGREDIENTS:

Pickling Cucumbers (smaller ones)

1 banana pepper – optional, but delicious

Fresh dill

4 cloves of garlic

2 bags of black tea (black tea should be the only ingredient)

Brine – (4 cups of well water to 3 T. sea salt, stirred and dissolved)

2 wide mouth quart jars

DIRECTIONS:

Wash and scrub cucumbers. You can leave them whole, slice into spears, or into 1 inch pieces. Fill each jar until they are an inch from the top. To each jar, add in $\frac{1}{2}$ banana pepper, 2 cloves of garlic, fresh dill (or $\frac{1}{2}$ T. dried) and 1 black tea bag. Cover each jar with brine.

Pickles need to remain under brine while fermenting. You may need to add a weight, or $\frac{1}{2}$ an onion to keep them submerged. Place lids on jars and leave them sit out on your counter for 5-7 days.

Every day, you'll need to unscrew the lids to release the carbon dioxide.

After 5 days, start tasting your pickles. They should be salty and tangy. If they're not quite done, leave out for longer. Once they're done to your liking, place in refrigerator to stop fermentation process.

