

Naturally fermented pickles

For 3l jar

- ♥ 1 medium cauliflower, split in large florets
 - ♥ 1 medium/2 small beetroots, peeled & sliced
 - ♥ 7-8 green small tomatoes
 - ♥ 3 persimmons (not softened), cut in 4
 - ♥ 1-2 bunches of small radishes (around 10-20 pcs)
 - ♥ 6-7 small whole carrots
 - ♥ finely sliced peeled ginger root (5-6 cm piece)
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- ♥ 1,5 l water + 3 large t.s. sea salt – bring the water to boil & leave the salt solution to cool down. Better leave it overnight & prepare the pickles on the next day
 - ♥ Arrange the veggies in layers, tight. Pour the salt solution, covering the veggies. Place a cap allowing for some air to enter. Keep the jar at room temperature in the kitchen
 - ♥ Stir every day with a stick (I use a chop stick). If needed place a little plate + stone on top to keep the veggies under the liquid
 - ♥ The juice turns cloudy as of day 2, a sign that the fermentation is working
 - ♥ On day 5 – 6 taste some veggies & when you like the taste, close tightly the jar & keep it either outside on the balcony or in the fridge (to cease the fermentation process)

Serve drizzled with some EVOO, early harvests do great for their fresh green notes.

The juice is fantastic for the microflora, 100ml daily before lunch/dinner is a bliss

