

Lacto Fermented Sliced Pickles!



Ingredients

- About 6 large pickling cucumbers
- 4 Tablespoons pickling salt or sea salt
- Fresh Dill Sprigs
- Fresh Garlic cloves
- Whey
- Filtered water
- Turmeric
- Mustard Seeds
- Bay leaf
- Grape leaf or stem

Instructions

- Prepare quart jars for pickles by cleaning and sterilizing. Also clean your fermentation lids and weights.
- Make the brine by warming 2 quarts of filtered water and dissolving the salt in it.
- In the bottom of each jar, place the remaining herbs and spices. Put about 1 to 2 cloves of garlic, 3 sprigs of dill, 1 tsp of mustard seed and 1 tsp of turmeric. A bay leaf and/or a grape leaf or stem will help keep the pickles crispy.
- Pour 2 Tbsp of whey into each jar.
- Slice the cucumbers and pack them tightly into the jars until about 2" below the top.
- Pour the brine over the cucumbers until they are all covered. Place the weights on top of the cucumbers to keep everything submerged.
- Now leave the jars alone to ferment for about 7 days. At this point, open the jar and you can taste the pickles to see if they are at the taste that you want. If you see yeast or mold on the top of the liquid, simply skim it off. It is okay. If you decide the pickles are done, put on regular jar lids and store in the refrigerator for 6 months or longer as you use them. If you want them to ferment longer, put the fermentation lids back on and suction the air out with the little pump. Try the pickles again in a few days until they reach the level of fermentation that you like. Then, store in the fridge and enjoy!

