

# CULTURED BROCCOLI SALAD IN A JAR



## **Ingredients:**

- 1/4 teaspoon Cutting Edge Cultures - or 1/2 cup kefir whey
- 1 head broccoli - chopped (florets only)
- 2 medium carrot - shredded
- 1 small red onion - thinly sliced
- 1/2 cup raisins
- 1/2 cup grapes
- 2 teaspoons lemon juice - freshly squeezed
- 1/2 tablespoon Celtic Sea Salt

## **Cultured broccoli preparation steps**

If using the powdered starter culture, stir together the culture and water. Let the mixture sit while you prepare the ingredients—around 10 minutes. If using kefir whey to boost fermentation, add it when the recipe calls for culture.

Add the broccoli florets, carrots, red onion, raisins, grapes, lemon juice, and salt to a 1/2 gallon canning jar or vessel. Add the lemon juice, Cutting Edge Culture or kefir whey and cover with water, leaving an inch or two at the top. Seal the container and let it sit on your kitchen counter, out of direct sunlight, for 3 days, then place in the fridge.

Check the vegetables every day to make sure they are fully submerged in the water. If they have

risen above the water, simply push them down so they are fully covered by the water. Use glass weight for this. If any white spots formed because the veggies rose above the water, do not worry. Remember, this isn't harmful. Just scoop out the vegetables that have the white spots on them and push the rest back under the water.

**Storage note:** This cultured broccoli can be kept in a covered airtight jar in the refrigerator for up to nine months.

See more recipes like this [here](#).

Recipe by Donna Schwenk, [culturedfoodlife.com](http://culturedfoodlife.com).

**Products used to prepare this recipe:**



## [Veggie Fermenter](#)

[Buy on Kefirko.com](http://Kefirko.com)



## [Sea Salt](#)

[Buy on Kefirko.com](https://kefirko.com)