

FERMENTED CUCUMBERS WITH GARLIC



Ingredients:

- 0,5 kg (1 lbs) small cucumbers (or large ones, cut into pieces)
- Brine: 4 tsp salt
+ 0,5 l water
- 3-5 cloves garlic

Fermented cucumbers preparation

Wash and drain the cucumbers well. Put them in the ice bath for about 10 minutes to keep them crunchy. Pack them in the jar tightly but try not to damage the cucumbers. Leave some room at the top (2-3 cm). Don't push down on the cucumbers once you pack them in the jar or use the pressing spring. The cucumbers will soften during the fermentation and the weight pushing them down to hard will damage them. The fermented cucumbers will turn into mush and you will lose all the desired crunchiness that you wish to achieve with fermentation.

Add spices and garlic. Prepare the 2% brine (water and salt) and pour it over the cucumbers. Put the glass weight on top of the cucumbers to keep them submerged during the fermentation.

Ferment 3 days to 3 weeks. When the brine becomes cloudy after a few days, you can start tasting the ferment to find the perfect pickles for you.

See more fermented vegetables [here](#).

Products used to prepare this recipe:



[Veggie Fermenter](#)

[Buy on Kefirko.com](#)



[Sea Salt](#)

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