

# LACTO-FERMENTED GRAPE LEAVES



## **Ingredients:**

- 300g (10 1/2 oz) grape leaves about 50 leaves the size of your hand
- cold water

### 4% BRINE:

- 40 g (8 tsp) salt
- 1 l (4 cups) water, at room temperature
- 2 cloves garlic
- 1/2 bunch fresh dill

## **Lacto-fermented grape leaves preparation**

Wash grape leaves and let soak in a bowl of cold water for 1 hour. Prepare brine by dissolving salt in water. Drain grape leaves. Stack leaves in piles of 6, roll up each pile and pack rolled leaves into the jar. Add garlic and dill. Cover leaves with brine and place a weight on top and close the jar.

Let ferment for 2 to 3 weeks. Leaves are ready when their colour turns a little darker. Ideally, use grape leaves that were picked from a garden or plucked surreptitiously from the back lane of your neighbour... who isn't using them anyway. Lacto-fermented grape be eaten in a roll with sorghum and honey, reclining in the nude with the glass of wine in your hand. If the idea makes you

uncomfortable, chop the grape leaves into a salad and eat them while wearing your bathing suit. Keeps for 1 year in the refrigerator.

See more recipes [here](#).

Recipe by **David & Sébastien**, [revolutionfermentation.com](http://revolutionfermentation.com).

**Products used to prepare this recipe:**



## Veggie Fermenter

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



## 2nd Fermentation

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