

# PICKLED VEGETABLES MIX



## **Ingredients:**

- 1 kg (2 lbs 3 oz) of white cabbage
- 200 g (7 oz) carrots
- 200 g (7 oz) green beans
- 1 red pepper
- 200 g (7 oz) small cauliflower florets
- about 15 g (3 tsp) salt
- 4 tbsp of vegetable oil

### **Mix of spices:**

- 2 cloves of garlic
- 1 small dried red pepper
- 1 tbsp yellow and brown mustard seeds
- 1 tsp fenugreek seeds
- 1 tsp of turmeric

## Pickled vegetables preparation

Finely slice the cabbage. Peel and cut the carrots into fine julienne. Remove the ends of the green beans, then thinly slice them on the diagonal. Cut the pepper flesh into thin strips. Separate the cauliflower into very small florets. Weigh the peeled vegetables and add 1% of their weight in salt. Mix these vegetables with the salt in a large bowl. Leave to rest for 15 minutes. Prepare the spices: In a mortar, or a food processor, pound the garlic, chili, seeds and turmeric until you get a coarse paste. Fry this paste on oil until it smells good. Let cool.

Toss the vegetables with the spices until well coated. Pack them in the fermenter. Place the weight, spring and cover. Close tightly. Leave for 7 days at room temperature, then ideally put in a cool room. Pickled vegetables can be consumed after 14 days.

See more fermentation recipes [here](#).

Recipe by Marie-Claire Frédéric, [nicrunicuit.com](http://nicrunicuit.com).

### Products used to prepare this recipe:



## [Sea Salt](#)

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



## **Veggie Fermenter**

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



## **Mandoline Slicer**

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