

Fermented Sweet Orange Ginger Carrots

Ingredients

- 1 cinnamon stick
- 1 **inch** ginger knob, slivered
- zest from 1 orange
- 3 **Tablespoons** honey or maple syrup
- 1 **quart worth of** carrot sticks
- 2 % brine, (1 Tablespoon + 1/4 teaspoon salt to 1 quart of water)

Method

1. Warm 1 cup of salt brine enough to dissolve 3 Tablespoons of sweetener and let cool to room temperature. If using honey, you'll want to heat the honey to kill all the good enzymes in it which can interfere with the natural fermentation process. To do this, bring the water with salt and honey to a boil and let cool to room temperature before pouring over the carrots.
2. In a 3 cup jar or two 1 quart jars with more airspace at top, add cinnamon stick, ginger and orange zest. Pack carrots in tightly.
3. Pour sugar/salt brine over the top. Use your favorite method to keep everything under the brine. I fill a ziplock baggie with about 1/2 cup brine or water and tuck it on top of the brine atop the vegetables, being sure to push out as many air bubbles as possible.

4. Seal tightly with a screw top lid.

5. Let sit at room temperature (65-80 is ideal) for about 5-7 days or until bubble activity dies down. I check it every morning, remove the baggie (keeping it clean by placing on spanking clean plate or dangling it mid air) and use a clean implement to push down on the vegetables, releasing air bubbles and making sure the vegetables are submerged. Replace the baggie with its good seal atop the vegetables and screw the lid back on.

6. Once its fermented to your taste, remove to cold storage (55 degree F basement or root cellar) or your refrigerator. They will last a year or so in the refrigerator.

Source: picklemetoo.com (Yield: 1 quart)
