

Lacto Fermented Carrot Sticks (Holly)

Ingredients

430 grams carrots

1-inch piece of ginger root

1 tbsp. (15 g) Himalayan Salt

2 cups filtered water (if available)

Method

Scrub the carrots. Top and tail. Slice into carrot sticks.

Slice ginger into thin strips. There's no need to peel it.

Place half ginger strips at the bottom of the jar.

Add the carrot sticks, packing quite tightly, leaving 1-inch space below top of jar.

Place the remaining ginger strips on top of carrot sticks.

Stir 1 tbsp. (15g) Himalayan salt into 2 cups water (approx. 500 mls)

Pour this brine into the carrot sticks jar, leaving a 1-inch space at the top.

Put lid on and leave to ferment for 7 - 10 days. Each day loosen the top slightly to allow excess gas to escape.

Store in the fridge.

Note

Alternative flavourings: -

3 garlic cloves (cut into slivers)

1 tsp dried dill or 1 tbsp. fresh

2 Jalapeno peppers (sliced)