



SPRING FERMENTATION

GINGERED CARROTS

(Makes about 1 pint)

- 1 pound carrots (peeled and shredded)
- 1 (1-inch) knob ginger (peeled and finely grated)
- 1/4 teaspoon kashmiri chili
- 1 1/2 teaspoons fine salt (about 9 grams)

Combine the shredded carrots, ginger and chili with salt in a medium bowl. Massage the mixture by hand for a minute or two to allow the carrots to absorb the salt. Set aside for 5 to 10 minutes, so the carrots begin to release their juice.

Pack the carrots firmly into a wide-mouth, pint-sized jar or fermentation vessel. Pack it tightly enough so that no air bubbles remain, and then seal the jar tightly with a fermentation seal or airlock and allow to ferment for 3 weeks.

If you don't have a fermentation seal or airlock, seal the jar tightly and then burp the jar daily until fermentation is complete (around 3 weeks).

Store in the fridge for up to 6 months.



DILLED WATERMELON RADISH

(Makes about 1 pint)

2 cups water
2 teaspoons salt
2-3 medium watermelon radishes (sliced thin)
6 medium garlic cloves (coarsely chopped)
4 sprigs fresh dill
2 teaspoons black peppercorns

Warm the water on the stove over medium-low heat. Stir in the salt, and continue stirring until fully dissolved. Let the brine cool to room temperature.

Drop the watermelon radishes into the a pint-sized jar, drop in the garlic and add the fresh dill and black peppercorns.

Pour the cooled brine over the vegetables. Seal with a fermentation seal or a lid fitted with an airlock. Allow to ferment for 2 weeks.

If using a regular jar with a regular lid, seal tightly. Shake the jar daily and burp the jar each day. Allow to ferment for up to 2 weeks.

After 2 weeks, transfer the jar to the fridge and use within 3 months.



LEMON-BEET-BERRY KVASS

(Makes about 1 quart)

4 cups water (lukewarm)
2 tablespoons starter culture (see note)
1/2 teaspoon fine sea salt
2 large or 3 medium beets (scrubbed clean, cubed)
1 cup strawberries (hulled and halved)
1 medium lemon (sliced 1/4-inch thick)

Whisk the starter culture and sea salt into your water to make the brine.

Place the beets, strawberries, and sliced lemon into a quart-sized mason jar, then pour in the brine. Seal the jar with an airlock or a tight-fitting lid.

Then, allow the kvass to ferment for 4 to 7 days at room temperature. Strain, and then transfer to bottles and refrigerate for up to 1 month.

STARTERS

Kvass traditionally uses a starter made from rye flour and water (similar to a sourdough starter) as well as stale rye bread.

There are also a few other, nontraditional options, too.

Sourdough starter is closest to the traditional kvass starter. It is rich in B vitamins, wild yeast and beneficial bacteria.

Ginger bug is also a favorite, and gives the kvass a beautiful gingery undertone.

Kombucha or water kefir work too.

