

INGREDIENTS



1 Gallon
Fermentation Jar

Lid with Airlock

Fermentation Weight

Adhesive Thermometer

4 oz Packet of Sea Salt

YOU WILL NEED:

4 pounds of
Vegetables, prepped

Filtered Water

Whole Spices (optional)

Fresh aromatics like
Garlic, Onion, and Herbs
for extra flavor (optional)



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FERMENTED VEGETABLE MAKING KIT



Fermenting Instructions

Plus Tips for Best Results



PREPARATION



You can use any fresh vegetables with this recipe. Really! Carrots, onions, cauliflower, beets, jalapenos, asparagus. Whatever is fresh and in season can be transformed into a whole new version of itself after a little fermentation.

CLEANING EQUIPMENT AND PREPPING INGREDIENTS

To create a sterile environment to ferment, you'll make sure you thoroughly clean all of your equipment prior to first use.

For best results, use organic produce. When using organic produce, give them a light rinse, no need to thoroughly wash unless there is visible dirt on the surface, as any natural bacteria on them will aid in the fermentation process.

DIRECTIONS

- 1 Trim and prep produce to your liking. Cut carrots into sticks, onions into slices, cauliflower into florets. Just try to keep uniformity in the shapes and sizes of your vegetables.
- 2 Transfer your veggies into a large bowl with ice water. This will help the veggies keep a snappy texture for the duration of the fermentation process.
- 3 Add 3 tablespoons of salt to 2 quarts of water and mix until the salt has dissolved. This will make the brine for your fermented veggies.
- 4 Remove the veggies from the ice bath and transfer them into your clean fermentation jar. Add any additional whole spices or aromatics to enhance the flavor, like black peppercorns, chili flakes, bay leaves, cilantro, or garlic cloves.

- 5 Pour your brine into the jar to cover the vegetables. Place your fermentation weight atop your ingredients. Top with additional water if needed to ensure that everything is fully submerged to create an anaerobic environment.
- 6 Cover the jar with the lid and affix your assembled airlock to the lid. Make sure you've filled the airlock with water to the fill line. Place the stick-on thermometer onto the side of the jar to help monitor the temperature during fermentation.
- 7 Let ferment at room temperature and out of direct sunlight for about 1-2 weeks. You will notice that the brine will turn cloudy during this time, and the veggies will start to change color. Taste the veggies after 7 days, and determine if you like their flavor and texture. If you'd like them to develop more flavor, let them ferment for another day or two before sampling again. Your taste and preference is key in this process!
- 8 Once the veggies have reached your desired flavor and texture, transfer to clean jars and move into your refrigerator. The fermented veggies are now ready and will keep in the refrigerator for at least 2 months.

STORAGE TIPS

- Keep your fermentation jar in a low activity place, away from food prep, trash and plants.
- Always keep your fermentation jar at room temperature, between 68-85 degrees fahrenheit.
- If the fermentation jar is sitting on a surface that can get cold, like a countertop, put a towel or cutting board down for insulation.

To watch an instructional video for this kit visit [PopCultures.Co](https://www.popcultures.co)