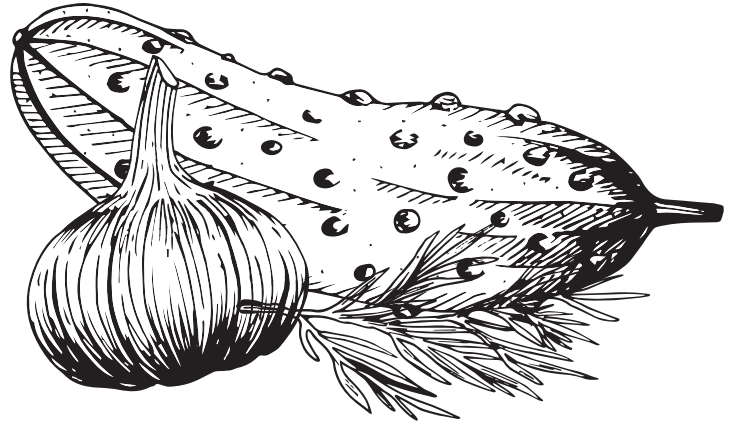


Burnaby Village Museum

Fermented Pickles

What you need:

1 mason jar
2 lbs Pickling cucumbers
2 cloves garlic
3 sprigs dill flowers
2 grape leaves if you can find them!
Peppercorns and chili flakes
to taste (or your favourite spices)
Water
Kosher salt



Directions:

1. Soak cucumbers for 15 minutes to crisp them up.
2. Make brine by dissolving 1 1/2 teaspoons per cup of water.
3. Place leaves, dill, garlic and spices in the empty mason jar.
4. Pack cucumbers tightly into the mason jar, so they won't dislodge when you pour the bring over top.
5. Pour brine over pickles so that they are completely covered. You made need to use a weight to keep the cucumbers submerged by using a weight, of a Ziploc with water, or a clean stone.
6. Place in a cool, dry place for 6 days.
7. Check daily to clean any foam or things that form on the water.
8. Do a final skim of the brine's surface, cap with a lid, and store in the refrigerator.
9. Enjoy!



Use this same recipe to make sauerkraut, by substituting the cucumbers for finely shredded cabbage, and omitting garlic and spices.