

FERMENTED CUCUMBER PICKLES

Prin

Made the traditional way, by allowing cucumbers to ferment in a saltwater brine.

Ingredients

- 1/2 gallon unwaxed pickling cucumbers, approximately 2-3 pounds
- 2-3 heads flowering dill
- 4 large bulbs garlic

- 4 tablespoons sea salt
- 2 quarts filtered water (you may have extra brine-save it in the refrigerator for another ferment)

Instructions

1. Rinse the cucumbers well to remove any dirt or debris (trim away any stems or flowers that might still be connected).
2. If you're using cucumbers that aren't freshly picked, place in your sink or a large bowl with ice cold water. Let set 20-30 minutes. This will crisp them up.
3. Peel the garlic, and drop it into your fermentation vessel. Then, add the pickling cucumbers and dill.
4. Create a brine by mixing the salt into the water and stirring until the salt dissolves completely (can be made ahead of time). Pour the brine over the cucumbers, weighting the cucumbers down if needed, and completely submerging all the ingredients. An airlock can also be used to keep air out and inhibit mold.
5. Allow the cucumbers to ferment for at least 1 week and up to 1 month at room temperature. Taste them every few days, until they achieve the flavor and sourness you like. When ready, remove weights and/or airlock, seal with a tight lid, and refrigerate. Can be stored 6 months to a year (really longer, if it molds-throw it out!)