

Lacto-Fermenting: *The Easy & Healthy Way*

CRUNCHY CARROT STICKS

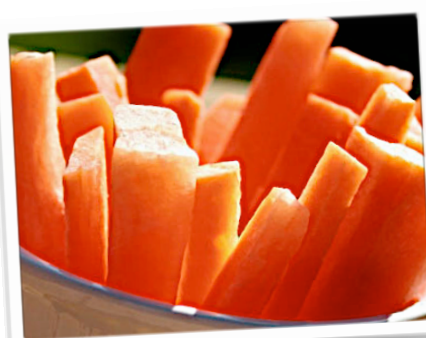
Key Points

- Simple to make
- Great live healthy bacteria count
- Enriched antioxidant levels
- High in vitamins - A and K
- Great source of dietary fiber
- Has been shown to have anti-cancer properties.
- Easy for the digestive tract to process

RECIPE:

Lacto-fermented “Crunchy” Carrot Sticks

...aka “Carrot Pickles”. These carrot sticks are great as a snack for kids, some adults have admitted to eating an entire jar at a sitting! To add a little kick, before fermenting, try adding in a few jalapeño slices.



Ingredients:

- 6 to 8 large carrots, peeled and cut into small sticks
- 1 small clove of garlic, peeled and thinly sliced
- 3 to 4 sprigs fresh dill
- 1 Tablespoon unrefined sea salt
- 2 cups filtered water, at room temperature

NOTE: BE SURE to use chlorine-free water in lacto-fermenting. Chlorine will kill the lactobacilli you are trying to culture, making your ferment a failure.

You Will Also Need:

- Quart-sized Wide-mouth Glass Jar
- Air-lock System, to fit your wide-mouth jar [*available at CookingGodsWay.com*]

Instructions:

1. Arrange the first layer carrot sticks in the jar, packing them in tightly.
2. Sprinkle the sliced garlic on top of the carrots along with the dill.
3. Pack a second layer of carrots on top of the garlic and dill. (This second layer of carrots “sandwiches” the garlic and dill to keep them from floating when the brine is added later.)
4. Set the jar aside. Meanwhile make the brine by mixing together the sea salt and filtered water until dissolved. Different types of salt may leave the brine cloudy, don't be concerned, this will not affect the recipe.
5. Place a fermentation weight on-top of carrots in jar to minimize floating, and thus issues with mold, during the fermentation period.
6. Pour the brine over top of the carrot sticks in the jar, covering them completely. Be sure to leave 1-inch of space from the top of the jar to allow for expansion during the fermenting process.
7. Assemble the air-lock system, and screw onto jar snugly. Fill the air-lock with filtered water to the “fill” line and cap.
8. Let ferment for 5 to 7 days at room temperature. (As the carrots ferment the brine may take on a milky color. When the carrots sticks have fermented for the time period, open the jar and taste a carrot to see if they are to your liking, if the carrots are still too hard let them ferment another day, or so, and check again.)
9. After the fermenting period, remove the air-lock system, replace with solid storage lid, and transfer jar to cold storage. (Kept in the refrigerator, the carrots can last 3 to 6 months.)

Makes 1-Quart.

NOTES
