

Pickled Vegetables

Makes about 1 gallon

6 tablespoons sea salt, pickling salt, or kosher salt

2 quarts water

1 head cauliflower cut into florets

1 carrots, peeled and sliced

3 banana peppers, sliced

2-3 cups green beans, trimmed and cut in half

5-7 pearl onions, peeled

3-5 cloves garlic, smashed and peeled

1 teaspoon black peppercorns

Combine salt and water in a measuring cup and stir until the salt is dissolved.

Place the remaining ingredients in a very clean, large jar. Pour the salt water over the vegetables, leaving at least 1 inch of headspace at the top of the jar. If necessary, add more water to cover the vegetables. (Optionally, place a small bowl or jar on top of the vegetables to hold them under the brine.)

Cover the jar tightly and let it stand at room temperature. About once a day, open the jar to taste the pickles and release gases produced during fermentation.

When pickles taste to your liking, transfer the jar to the refrigerator. They will continue to ferment very slowly, but cold storage will largely halt fermentation. As a fermented food, these pickles will last for quite some time, at least a month or longer.