

Basic 2 % brine for veggies

Ingredients

20g of good quality salt per 750ml of veg

Instructions

Method #1.

I often make a 2% brine by boiling my kettle and letting it sit for 20 minutes.

In a 1-L mason jar add the 20g of salt and fill just to shoulder of jar. Stir and let cool.

This can be poured into any veggie ferment with the exception of pickles, those need a higher salinity. See pickling brine.

To make larger batches, simply multiply up. For example a 2-L mason jar would require 40g of salt to reach 2% salinity.

Method #2

The other method is to sprinkle the 20g of salt right into your veg and toss well. This works particularly well with cabbage. Let sit for 30-60 minutes to release natural juices, then pack into a 1-L jar. Add more liquid if needed.

Brine should cover 1" inch over veg.