

Culture Starter Brine with no Salt added

Ingredients

1- celery stalk or green tops of one leek
1/4 cup cored diced pear, I leave peel on but you can peel
1" cube of peeled fresh ginger
1/2 or up to 1 cup of water
1/2 tsp culture starter

Instructions

In a blender combine:

1-celery stalk, or green portion of one leek chopped*, pear and ginger

Add 1/2 cup of filtered water.

Starting with 1/2 cup water puree until smooth adding more water if needed to fully puree.

Pour into small bowl and add culture starter, stir and set aside to wake up, preferably 20 minutes.

Chop your veg and pack into a 1-L jar. Pour the puree into the jar and scrape out every bit.

Fill with filtered water to cover by 1". Add fermenting lid with water air lock and let ferment covered from sunlight on counter for 7 days then place in fridge.

*celery and/or leek greens adds instant pre-biotic food for the culture starter and will safely populate your ferments with beneficial bacteria without the use of salt.

This adds great flavour to fermented cabbage. Although, this can safely ferment your veggies without salt, I still prefer adding a small amount for flavour even when using this method.