

# Lacto-Fermented Garlic Dill Pickles

## - by Healing Family Eats

(fills a 2L fermentation jar or crock)

### INGREDIENTS:

2+1/2 lb small pickling cucumbers

2 large cloves garlic, halved

small handful dill sprigs

4 cups filtered water

5 tbsp Maldon salt

Start by thoroughly washing your jar in hot soapy water and leaving to air dry. Put the cucumbers into a large bowl of ice cold water for 30 minutes (this helps to retain crispness).

Trim the cucumbers very slightly at the blossom end, then halve lengthways and put into your crock, along with the garlic and dill sprigs.

Stir the water and salt together in a jug until dissolved and pour over the contents, leaving a 3/4 inch gap between the top of the cucumber halves and the rim of the jar. Put a ceramic or glass weight on the top, make sure everything is below the water level and clamp down the lid.

Stand the jar on a plate, cover with a tea towel and leave for around 4-5 days at room temperature, depending on how warm your house is. They are ready when they taste ready to *you* and at this point, transfer them to the fridge to stop them pickling any further. Make sure your pickles are submerged in the brine at all times to avoid forming mould and don't forget to use some of the liquid to start off your next batch.

We also like to drink shots of the pickling brine, which is so delicious as well as containing plenty of essential probiotic.

