

# Recipe for: FERMENTED PICKLED BEETS

Makes 2 quart jars.

## INGREDIENTS

- 2 lbs. beets
- 6 garlic cloves, sliced
- 1 bunch of dill
- A brine mixture of 2 c. non-chlorinated water and 8 tsp. sea salt

## DIRECTIONS

1. Remove beet tops, clean and peel off the skin.
2. Julienne beets into 2 inch thin strips.
3. Divide garlic cloves evenly between 2 quart jars.
4. Add 5 sprigs of fresh dill to each jar.
5. Fill the jars 2/3 full with beets. Pack it tightly.
6. Mix up a brine with water and sea salt.
7. Pour brine over beets until they are completely covered.
8. Use a glass or ceramic weight to keep ingredients submerged.

Place air lock lid and store in a dark place for 2-6 weeks. Remove any white mold on top, replace air lock lid with a flat and ring and store in the refrigerator for several months.

