

Ingredients:

- 1 kg vegetables (beets, turnips, beetroot, kohlrabi, zucchini, ...)
- 3 teaspoons of allspice grains
- 1 l 2.5% brine (25 g salt dissolved in 1 l water)
- 1 wire clip jar (1.5 l)

Rest time: 2-3 weeks

Shelf life (unopened): at least 6 months



Preparation:

First, wash your hands. If you use soap, wash it off thoroughly.

For the brine, dissolve 25g of salt in 200ml of warm water and then add 800ml of cold water.

You briefly rinse the wire clip glass with warm water. If you use detergent, you have to wash it off again carefully! Rinse again using hot water.

Wash the vegetables briefly under warm water (not too thoroughly, microorganisms should still remain on them!), Then cut them into finger-thick pieces that should not be longer than 2/3 the height of the glass, so that there is still enough liquid above them.

First you distribute the allspice grains on the glass bottom. Then you put the vegetables upright in the jar. The last 3 pieces are pushed in firmly so that the vegetable pieces get stuck and do not float up later.

Slowly fill up the brine. Move the glass slightly so that air bubbles can rise between the pieces of vegetables. All vegetable pieces should be covered with brine at least 2 cm and there should still be about 4 cm of air to the edge of the glass.

Close the jar tightly and let it sit at room temperature for 2-3 days. It should not be exposed to direct sunlight.

After that, put it in a cool, dark place for 2-3 weeks. The cellar would be a good place for maturation.

During the 2-3 weeks, microorganisms break down sugar and starch in the vegetables and produce lactic acid which makes the vegetables durable.

Attention:

If you see mold on the surface or if the vegetables smell unpleasantly rotten after opening, you must discard the vegetables!



Otherwise, you can keep the unopened jar for at least 6 months.

Once opened, the vegetables must be stored in the refrigerator and eaten within a week.

Enjoy!