

Fermented Foods: Ginger Carrots

4 cups grated carrots, tightly packed

1 tablespoon freshly grated ginger

1 tablespoon sea salt

4 tablespoons whey

These are the best introduction to lacto-fermented vegetables. The taste is delicious and the sweetness of the carrots neutralises the acidity that some people find distasteful when they are first introduced to lacto-fermented vegetables. Ginger carrots go well with rich foods and spicy meats.

In a bowl, mix all ingredients and pound with a wooden pounder or meat hammer to release the juices. I have a big granite mortar and pestle for this. It's not expensive to buy and is really useful.

Place in a wide mouth jar and press down firmly with the pounder until the juices cover the carrots. The top of the carrots should be at least 2 cm below the top of the jar. Cover tightly and leave at room temperature for about 3 days before transferring to the refrigerator.

From "Nourishing Traditions" by Sally Fallon