



LACTO-FERMENTED PICKLED BEANS

INGREDIENTS

- 1 lb fresh beans (any color)
- 1 tsp dill seeds
- 1 garlic clove
- 1 tsp red pepper flakes OR 1 fresh hot pepper (optional)
- 1-liter non-chlorinated water
- 1 heaping tablespoon pickling salt (without additives)

EQUIPMENT

- 1-liter Mason jar
- Measuring cup
- Glass weight or cabbage leaf (to keep the beans submerged)



Shelf life:

1+ year at room temperature

RECIPE

- 1 Place the dill seeds, garlic, and either the chili flakes or fresh hot pepper **at the bottom of the Mason jar**.
- 2 **Rinse and trim** the beans, then **pack them vertically** into the jar. Make sure they're tight enough to hold each other in place.
- 3 In the measuring cup, **mix the non-chlorinated water and pickling salt**.
- 4 **Pour the brine into the jar**, leaving about ½ inch of headspace. If you have leftover brine, that's totally normal. **Tip:** *You can save it for another fermentation!*

Place a glass weight or a cabbage leaf on top to **keep the beans fully submerged** in the brine.

- 5 **Close the lid and store the jar** out of direct sunlight.

Let ferment at room temperature for about 3 weeks, and release the gas occasionally to prevent pressure buildup.



Enjoy!

Not ready to try lacto-fermentation yet?

Try canning pickled beans instead — it's another tasty way to preserve them!

