

Purple Pickles

7 ingredients · 45 minutes · 20 servings



Directions

1. Set out 2 clean wide mouth 1 quart jars
2. Cut cabbage (except for the 2 whole leaves you set aside) into chinks and place into food processor fitted with the 's' blade. Process until finely ground, being careful not to over process, then transfer to a large bowl. Repeat until all cabbage is processed and then repeat with carrots, garlic and beets.
3. To the large bowl of processed veg, add in the lemon juice, salt and dill and mix until well combined. Let sit for about 10 mins and then mix it again.
4. Spoon mixture into the jars pressing tightly. This should cover the veg mixture with liquid. Add the reserved leaves on top, to act like a seal to keep air off the the veg. Place lids on jars.
5. Place the jars into a second container, as they ferment the juices usually over flow and will stain your counter otherwise. Place out of direct sunlight. After about 2 days you will start to see tiny bubbles form, slightly unscrew the jars to 'burp' them, releasing the built up gas about once a day.
6. Let it ferment for 5-10 days then transfer to your fridge. You can eat them at this point or place them in a root cellar or door of the fridge (somewhere about 55 degrees) for ferment for another 6-12 weeks.
7. Eat 1-2 tbsp with most meals.

Notes

Goodness

Cultured (fermented) vegetables are rich in beneficial bacteria, enzymes, are alkaline forming, and are incredibly high in vitamins. They help to reestablish a healthy inner ecosystem of gut bacteria, improve digestion, and stimulate the liver.

Ingredients

- 4 cups** Green Cabbage (1 medium cabbage, green or red)
- 4** Carrot (medium)
- 2** Beet (medium)
- 1/4 cup** Lemon Juice (juice of 1 lemon)
- 5** Garlic (cloves, peeled and crushed)
- 1 2/3 tbsps** Sea Salt
- 1/4 cup** Fresh Dill (or 1 tbsp dried)