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Chipotle Carrots

Bored with ginger carrots and want to try a more interesting flavour? Chipotle carrots are a new favourite of mine.

Carrots – either cut into sticks, julienne, spiralise or even grated.

Add some white & black peppercorns, coriander, cumin, garlic, fennel seed and chipotle peppers. Careful not to overpower your ferment with spices – less is more.

Depending on how you chop your carrots you need to need to add varying amounts of brine. If grated or shredded you may be able to ferment without adding any additional brine i.e. just adding salt and massaging should draw enough moisture out of the carrots. Dissolve 5g salt per cup of filtered water and add to your jar of carrots. Ensure your carrots are completely submerged under the brine. A good way to keep carrots submerged is to use one of our glass weights and/or a Viscodisc. Carrots are fairly prone to kahm yeast so make sure your carrots are fresh and that you use a good anaerobic jar with airlock to keep oxygen out.

Ferment for approximately 7 - 21 days. General rule is that you need more time if the temperatures are cooler and the carrot pieces larger.

