

Translations:Conserve lactofermentées/56/en

- Ensure your hands are clean
- Place a first layer of vegetables at the bottom of the jar (2cm)
- Sprinkle with a pinch of salt (The principle being 1-2% of the weight of the vegetables in salt)
- If you make a brine (salted water), the principle is 3% salt in the water. For vegetables this varies from 15g/50cl to 25g/50cl (more salt for vegetables that naturally contain more water).
- Press the layer of vegetables down with your hands