

Translations:Conserve lactofermentées/58/en

- Fill the jar with as many vegetables as possible.
- Add salted water (3% of the weight in water, i.e. between 15g/50cl and 25g/50cl depending on the amount of water naturally present in the vegetable).
- Make sure that all the vegetables are covered with water right to the top of the jar. It is the water that guarantees anaerobiosis, the absence of oxygen. If necessary, you can add a weight (in glass, a plastic bag filled with water, or a cabbage leaf or carrot stick) to keep the vegetables under the liquid.
- Close and place a plate in case any liquid escapes with a little gas.
- Leave for 3 days in the house to allow the naturally-occurring lactic ferments to start fermenting. Depending on the vegetables and their size (the smaller the pieces, the faster the fermentation), it is recommended that you leave to ferment for between 7 days and a month.
- We recommend that you leave the jars to ferment and then store them in a cool, dark place. They can be kept for over a year as long as the jar is not opened.