

Translations:Conserves 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
- Press the layer of vegetables down with your hands

Note: Pressing down allows for the salt to penetrate the vegetables so as to encourage the extraction of juices and get rid of air

- Repeat the procedure until the jar is full
- Leave a gap of 1 to 2 cm between the last layer of vegetables and the lid, as fermentation produces gas and the juices may overflow if the jar is too full
- Close the jar
- Leave to rest for 3 days to start the fermentation process of the naturally present lactic acid bacteria
- If the level of vegetables has reduced due to the juice extraction from the salt, add more layers
- Check all of the vegetables are covered by their own juices to the top of the jar: these juices ensure anaerobic conditions, namely the absence of oxygen