

## **Baba's Fermented Pickles**

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No need for canning over a hot stove! Fermenting is easy and safe. These fermented pickles have a mellow taste with wonderful flavour. 1 and a half tablespoons pickling salt or any iodine free salt

1 1/2 Tbsp pickling salt or any iodine free salt

1 tsp pickling spice

Lots of garlic, at least 5 cloves

2 bay leaves

2 heads of dill

1 horseradish leaf or grape leaf

(keeps the pickles crisp)

Small cucumbers

1 quart Mason jar, rinsed in boiling water

Carrot spears

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1. Wash small cucumbers (don't scrub) and soak in cold water for 4 hours. Cut slivers off ends and prick with a fork two times, to help absorb brine.
  2. Place one head of dill, salt, pickling spice, one bay leaf and horseradish leaf in base of jar. Fill with cucumbers and a handful of carrot spears. Place the other head of dill and bay leaf on top.
  3. Fill jar with distilled (or sterilized) water. Put on lid and screw tight. Rotate jar several times to dissolve salt. Place jar upside down for 24 hours.
  4. When 24 hours is up, place jar right side up and remove lid. Cover with a towel and allow to ferment 5 to 7 days. Check daily to remove any white scum that may form. Top up with distilled water to ensure all ingredients are covered.
  5. Once fermentation is complete put on lid and store in the refrigerator. After a week pickles will be ready to eat. If the jar fizzes when you open it, you know they'll taste just like Babas!