



BEETROOT

FERMENTED



PRESERVING FRESH PRODUCE
MAKING THE MOST OF GREAT FOOD



INGREDIENTS:

- 2 lbs Beetroot
- 2 tbsp Dried Dill
- 4 Garlic Cloves
- 2 tsp Peppercorns
- 2 tbsp Unrefined Salt
- 1 litre Filtered Water

PREPARATION

1. Wash beetroot well, cut off tops and peel away the skin. (Gloves optional.)
2. Slice into thin rounds.
3. Layer the beetroot, dill, garlic and peppercorns in a jar. Press down each layer with a rolling pin.
4. Pour the brine into the jar, making sure there is enough to keep everything submerged and a gap at the top.
5. Put on lid and leave on the counter out of direct sunlight for 1-2 weeks.
6. Store in fridge for 6-12 months

**TIP! YOU CAN ALSO ADD YOUR OWN SELECTION OF SPICES TO
ADD ADDITIONAL FLAVOURS!
FOUND IN UK JULY - OCTOBER**