

# Sour Pickles

Adapted from [www.nourishingkitchen.com](http://www.nourishingkitchen.com)

## Ingredients

- 1 Gallon of Organic, Unwaxed Pickling Cucumbers
- 2 Big Bunches Organic Dill (Preferably Flowering Heads)
- 2 Large Bulbs of Organic Garlic
- 3-4 Tablespoons Pickling Spice (Allspice, Mustard Seeds, Cloves, Bay Leaf, Black Pepper etc.)
- 5-6 Tablespoons Unrefined Sea Salt
- 1 Horseradish Leaf, Stem Removed OR grapevine leaves OR oak leaves

## Instructions

1. The first step in making sour pickles is to thoroughly soak the pickling cucumbers in chilly water. This is a very necessary step unless you picked your cucumbers that day as it helps to perk them up a bit before the fermenting begins.
2. Prepare a brine of 2 ½ – 3 tablespoons of unrefined sea salt to 1 quart filtered, chlorine-free water and shake it to ensure the salt is fully dissolved. Pour the brine over the pickling cucumbers, spices, garlic, dill and horseradish (or grapevine or oak leaves) until all of the ingredients are submerged in salt water. It usually takes about 2 quarts of salt water to sufficiently cover the vegetables and spices. For larger batches, use about ½ cup salt to 1 gallon of water.
3. Next, you'll want to make sure all stems and flowery ends have been removed from the cukes as either may contribute an off-flavor to the sour pickles. Make sure your pickling cucumbers are thoroughly scrubbed and clean.
4. Peel and chop garlic.
5. Add the pickling cucumbers and garlic, dill and pickling spice to the jar or vegetable fermenter in layers, I like to sprinkle a little salt between layers.
6. Add the horseradish leaf to the jar as well. I find that you needn't tear it to ensure that the horseradish leaf is evenly distributed throughout the jar; indeed, it can be left whole. The leaf not only yields a subtle additional flavor to sour pickles, but it also helps them to remain crisp, not mushy, when the lactic acid fermentation is complete. Optionally, use grapevine or oak leaves.
7. Make sure that the vegetables are completely submerged beneath the salt water which is easy if you're using a vegetable fermenter. If you're using mason jars, simply place a smaller, clean weight inside the jar on top of the vegetables (like a jelly jar) until it weighs them down sufficiently.
8. Allow your ingredients to ferment for at least a five days and more likely seven days and quite possibly ten days. Fermentation is an inexact art. Taste them to see if they've soured to your liking. Once they're done, simply place them in the fridge and use wisely and judiciously.