

Fermented Beet Salad



This is for the beet lovers out there. Especially for the beet lovers that are on a low-sugar diet or those looking for a healthier alternative than the traditional pickled beets. This amazing recipe will have you eating copious amounts of beets with the nutrient benefits switched on high. Your liver will thank-you.

Ingredients

- 5 lbs red beets, shredded in food processor
- Tonnes of dill (about 4 handfuls)
- Juice of 4-5 lemons
- 2 cloves garlic
- 1/4 cup apple cider vinegar
- Few cabbage leaves
- Pure water
- 1 green apple
- 3 stocks of celery
- 1 package of culture starter (We recommend Body Ecology Culture Starter)

Directions

Shred all your beets and add to mixing bowl.

Start your culture starter according to the directions on the package and set aside (if no instructions, see below)

Finely chop half of your dill and add that to the mixing bowl.

In a blender, blend 1 green apple, 4 cups water, handful of

beets, the celery, garlic, lemon juice and remainder of the dill. Once well blended, add the culture start mixture into the blender and pulse until just combined. Pour this liquid mixture over your beets and mix well.

Stuff clean mason jars with this mixture, leaving about 1.5 inches at the top (This is VERY important, as if ferments it will need this space. If you over fill your jars they could build up enough pressure to explode and create a horrendous mess). Roll up your cabbage leaves to place at the top of each jar before sealing (this too prevents it from an explosion). Seal tightly and wipe the jars clean.

Let sit at room temperature (72F or higher) for at least 1 week. The longer you leave them, the better they taste and more probiotic rich they become!

Once they are to your liking, move to the fridge for storage where they will be good for at least one year (if they last that long)

Eat like you would any pickled beet. Amazing served on salads, in wraps, or simply on the side of a piece of beef.

Using a culture starter:

To make a batch of sauerkraut, a starter is not absolutely necessary. The natural sugars in the veggies will help break it down and render a batch of probiotic goodness. However, if you want to ensure you get a vigorous fermentation, you can dissolve a package of starter culture (a probiotic capsule will also work) in 1/4 cup of warm water (90F). Add a small amount of sugar to feed the starter (ie. cane sugar, honey) and let it sit for 20 minutes or longer to activate.