

Fermented Salsa



Once you get into fermenting, you will be surprised at how much good can be turned into cultured goodness. This is one of our favourites. And the best part... no one can tell it's fermented!!

Ingredients:

- 1 medium onion (diced)
- 4 large tomatoes (diced)
- 1 medium red pepper (diced)
- 1-2 jalapenos (diced)
- Clove of garlic (minced)
- Handful of fresh cilantro
- Lemon and lime juice to taste
- Starter culture such as Body Ecology Veggie Culture Starter

Directions:

Follow directions on your specific culture starter.

Mix all chopped veggies in bowl, or put in food processor, depending on your desired texture. Add culture starter. Place salsa in jar and fasten lid.

Ferment for 4-7 days at 72 to 78F. Move to fridge where it will keep for several months.

Drain off excess fluid from fermentation, if desired.