



Fermented Beets: Health Benefits and Recipe Guide

Introduction

Fermented beets are a delicious and nutritious way to enhance your meals with probiotics while enjoying the earthy sweetness of this vibrant vegetable. This recipe provides a straightforward guide to making your own fermented beets at home, allowing you to customize the flavor while reaping the benefits of fermentation.

Detailed Ingredients with measures

1 1/2 pounds beets (about 2 large) 2 to 3 cups room temperature

filtered water (non-chlorinated) 2 tablespoons kosher salt or sea salt (not iodized) 3 to 4 teaspoons dried thyme 1 to 2 garlic cloves 5 peppercorns

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 7 days (fermentation) Total Time: 7 days and 15 minutes

Yield: Approximately 1 quart of fermented beets

Directions

1. ****Prepare the Equipment:**** Ensure your hands, jars, tools, and work surface are clean.
2. ****Prepare the Beets:**** Scrub the beets thoroughly. Remove the tops and root ends. Peel the beets if desired. Cut the beets into 1/2-inch dice or chunks, or slice them into 1/4-inch thick pieces.
3. ****Make the Brine:**** In a large measuring cup, combine the filtered water and salt. Stir until the salt is fully dissolved.
4. ****Assemble the Jar:**** In a wide-mouth quart-size mason jar or two 1-pint jars, pack the beets along with the thyme, garlic, and peppercorns. Leave at least 1 to 1 1/2 inches of headspace to accommodate the weight.
5. ****Add the Brine:**** Pour the salted water over the beets, ensuring they are completely submerged.
6. ****Weigh Down the Beets:**** Place a fermentation weight or a small resealable plastic bag filled with extra brine on top to keep the beets submerged.
7. ****Seal the Jar:**** Cover the jar with an airlock lid if available. If not, secure a piece of cheesecloth

over the jar with a rubber band, or screw the lid on loosely and remember to unscrew it periodically to release any built-up air.

See also [Delicious Vegan Tofu Scramble Recipe](#)

8. ****Fermentation Process:**** Place the jar on a baking sheet, shallow bowl, or pie plate to catch any spills or juice that might bubble over. Store the jar in a cool, dark place. During fermentation, the brine may become cloudy; this is normal and indicates fermentation is underway. After about a week, the brine should clear, signaling that fermentation is complete. 9. ****Storage:**** Once fermentation is complete, place a tight-fitting lid on the jar. Store the fermented beets in the refrigerator, ensuring they remain completely submerged in their brine. They can be stored refrigerated for 1 to 2 months. Enjoy your homemade fermented beets!

Detailed Directions and Instructions

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Prepare the Beets:

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See also Candy Cane Brownies

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for 1 to 2 months.

Notes

Brine Concentration:

Adjust the salt concentration to your taste preference but ensure it remains sufficient for fermentation.

Flavor Variations:

Feel free to experiment with additional spices, such as dill or mustard seeds, for varied flavors.

Monitoring Fermentation:

Check the beets daily for taste and texture, as fermentation times can vary based on temperature and conditions.

Serving Suggestions:

Fermented beets can be enjoyed on salads, as a side dish, or as a tangy addition to various recipes.

Cook techniques

Preparation of Beets

Scrub the beets thoroughly and remove the tops and root ends. Peeling is optional based on preference.

Creating Brine

Combine filtered water and salt in a measuring cup and stir until the

salt is fully dissolved.

Packing the Jar

In a mason jar, pack the beets with seasonings and leave ample headspace to allow for fermentation.

Submerging Beets

Pour the brine over the beets, ensuring they are fully submerged in the solution to facilitate proper fermentation.

Fermentation Seal

Use an airlock lid or cheesecloth to cover the jar, allowing gases to escape while keeping contaminants out.

Storage and Monitoring

Store the jar in a cool, dark place, and check regularly for the brine clarity and any overflow during fermentation.

See also [Creamy Chicken Piccata Recipe Delight](#)

Final Storage

Once fermented, transfer the beets to the refrigerator and ensure they remain submerged in brine for optimal preservation.

FAQ

How long does fermentation take?

Fermentation typically takes about a week, but can vary depending on room temperature and desired tanginess.

What should I do if the beets float?

Use a fermentation weight or a resealable bag filled with brine to keep them submerged.

Can I use other spices?

Yes, feel free to experiment with different herbs and spices according to your taste preferences.

Why is my brine cloudy?

Cloudy brine is typical and indicates that fermentation is occurring.

How long can I store the fermented beets?

Fermented beets can be stored in the refrigerator for 1 to 2 months.

Conclusion

Fermented beets are not only a delicious addition to your meals but also packed with probiotics that benefit your gut health. The process of fermenting enhances their natural flavors and makes them a fantastic ingredient for various dishes. Enjoy the unique taste and health benefits of your homemade fermented beets in salads, sandwiches, or as a tangy side dish.

More recipes suggestions and combination

Beet and Goat Cheese Salad

Combine sliced fermented beets with crumbled goat cheese, arugula, and a light vinaigrette for a vibrant salad.

Fermented Beet Hummus

Blend fermented beets into your hummus recipe for a colorful twist, adding a delightful earthiness and probiotics.

Beet and Carrot Slaw

Mix shredded carrots with diced fermented beets, and toss with apple cider vinegar, olive oil, and sesame seeds for a crunchy slaw.

Beet Soup

In a pot, simmer your favorite broth with diced fermented beets, onions, and garlic for a tangy and nutritious soup.

Fermented Beet Smoothie

Add a few pieces of fermented beets to your fruit smoothies for added flavor and nutrition without overpowering the sweetness.

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