

Fermented Hot Peppers in Escabeche

Fermented peppers are delicious and can be enjoyed by anyone depending on the type of peppers; mild, medium or hot, of course! What's very important to note however, is that unlike sweet pepper varieties including bell peppers, chilies (such as habaneros) do not normally provide enough sugars for the fermentation process to take place and require the assistance of other vegetables for a kick-start and a successful fermentation. Using our starter culture will ensure a great fermentation and guaranteed result every time. **Enjoy!**

Makes approx. 4 litres - Prep 45 minutes - Fermentation: 1 to 2 weeks based on temperature and the variety of chilies used

INGREDIENTS

- 1250 g (approx. 2-3/4 lbs) chilies...jalapeños, cherry bomb, etc.
- 3 large carrots, washed, peeled, left whole and sliced thinly
- 1 sweet onion (Vidalia), cut in half and sliced thinly
- 3 tbsp raw apple cider or kombucha vinegar
- 1/2 packet of Caldwell's starter culture (1/2 g).

Brine: 1 tbsp + 3/4 tsp salt per liter of spring water*



*Note: Depending on the size of the vessel you're going to be using, it's difficult to determine how many litres of brine you will need exactly. Please follow the directions below in order to ensure a proper fermentation.



Fermented Hot Peppers in Escabeche (continued)



METHOD:

1. Begin by slicing the chilies into small, bite-sized pieces. If you would like a spicier pepper, leave the seeds in and the white ribs intact. To reduce the heat, remove the seeds and the ribs. Place in a bowl. NB. We always recommend slicing peppers in order to ferment them as they are hollow and may contain unwanted bacteria that could contaminate the entire batch.)
2. Gently mix in the carrots and onions as not to break any of the vegetables. (If you are using your bare hands, we absolutely recommend the use of protective gloves.)
3. Dilute the starter in spring water according to the directions and leave it to sit for 10 minutes in order to activate. Meanwhile, place your pepper mixture into a clean 5 litre jar.
4. Mix 1 litre of brine according to the recipe above and add in 1 tbsp of vinegar. Mix well and pour it into the jar. Repeat once so you have two litres of brine in the jar with the pepper mixture.
5. Add in the starter.
6. Weigh down the vegetables and top off with more brine leaving at least 6 cm of head space and ensuring that the mixture is completely submerged.
7. Place in a warm location and allow to ferment for at least one week but up to 2 depending on the temperature. The peppers are ready when the vibrant green of the peppers turns olive in colour. If you didn't use any green peppers, we advise tasting the peppers at the one week mark and then at two days intervals until you've reached the desired flavour.

TIP:

Use these peppers on top of a nacho platter, in sandwiches or anywhere else you would normally use hot peppers. You can even go a step further and prepare your own fermented hot sauce.

BON APPÉTIT!



Tried and tasted by family and friends of the Caldwell clan.

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