

Escabeche (taco bar veggies)

Prep time: 15 minutes

Fermentation time: 2 to 4 weeks

Makes about 2 quarts/liters



Ingredients

- 1 medium head (1 1/2 lbs. or 700g) cauliflower
- 1 lb. (500 g) jalapeño or other chili pepper
- 3/4 lb. (750 g) medium carrots
- 1/4 lb. (250 g) white or yellow onion
- 6 cloves garlic
- 1 bay leaf
- 4 sprigs oregano, thyme or marjoram
- 3 Tbsp. (45 ml) fine sea salt (5% brine by weight)

Instructions

1. Wear rubber or latex gloves when handling chilies!
2. Cut the tops off chilies. If you want a hotter mix, leave seeds and membranes in chili, otherwise scoop them out. Cut the peppers crosswise into large slices (1 inch pieces).
3. Add peppers to a half-gallon (or larger) glass mason jar, crock or other fermenting vessel.
4. Slice the onions into rings (about 1/4 to 1/2" thick), then into halves (so they are semi-circular pieces). Add to jar.
5. Slice the carrots on the bias, about 1/4" thick. (Peeling is optional, but clean off any dirt before slicing) and add to jar.
6. Slice (or break with your hands) the cauliflower into 1" pieces and add to jar.
7. Peel the garlic and smash a few of the cloves. Keep them whole, add to jar.
8. Add herb sprigs whole, or pluck leaves from stems and add to bowl/jar. Mix veggies together in jar.
9. Mix brine. Dissolve salt into water in a large container.
10. Pour brine into jar. Veggies should be submerged in the brine. Leave 1" of head space between the contents and top of the jar.
11. Cover container with a tea towel or clean dishcloth to keep dust and flies out, and secure with twist ties or a rubber band.
12. Or, if using a fermentation airlock, apply it and secure lid.
13. Set in a cool, dark place. Taste after 10 days. It reaches peak flavor at 14 days. This is a hearty recipe that can actively ferment a long time (even up to several months).
14. Once you like the taste and texture, move to refrigerator, where it will last for several months.

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12 TOOLS

TO BUILD YOUR FERMENTATION STATION

- ☐ 1. Wide mouth quart-sized mason jars
- ☐ 2. Digital kitchen scale
- ☐ 3. Glass or ceramic fermentation weights
- ☐ 4. Fine sea salt
- ☐ 5. Funnels & canning funnel
- ☐ 6. Blue painter's tape (extra wide)
- ☐ 7. Chopsticks
- ☐ 8. Seedling heating mat
- ☐ 9. Dedicated rubber dish gloves
- ☐ 10. Dedicated silicone sink strainer
- ☐ 11. Swing-top glass brewing bottles
- ☐ 12. Nut milk bag

Learn more about these tools at fermentersclub.com

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