

VEGETABLES

Fermented dill pickles

Cucumbers fermented with dill, garlic and horseradish, from Anna's recipe at AniaGotuje.pl.

Recipe author: Anna (AniaGotuje.pl) · AniaGotuje.pl



TIME

30 minutes prep + about 14 days fermenting (up to 20 days)

MAKES

4 × 1-litre jars

Method: Fermenting in brine

Season and ingredients: Small, fresh pickling cucumbers

Storage: After 3 days at about 20°C, move to a cool pantry or cellar. The author recommends the fridge if the house is warm and there is no cool cellar.

Ingredients

- 2 kg small pickling cucumbers
- 2 small heads of garlic
- A large bunch of dill with flower heads
- 1 piece of horseradish root, 10 cm long, with leaves
- 2 litres boiling water
- 4 level tbsp rock salt
- Optional: horseradish, green oak, blackcurrant, grape or cherry leaves

Measure the salt in level tablespoons, as in the original recipe.

Equipment

- 4 clean 1000 ml jars with undamaged lids

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Natalia Horbach

Sources and history on the Fermentarnia website
fermentarnia.com



Fermented dill pickles / continued

Instructions

1. Choose the ingredients

Choose fresh, small, firm cucumbers without blemishes. Gather the garlic, dill, horseradish and any optional leaves.

2. Pack the jars

Wash the cucumbers and flavourings. Cut the horseradish into strips. Separate the garlic cloves, leaving the skins on. Scald the jars and lids. Divide the flavourings between the 4 jars and pack the cucumbers tightly, standing them upright.

3. Add the brine

Bring 2 litres water to the boil and dissolve the 4 level tbsp salt in it. Pour over the cucumbers to cover them. Gently move the jars to release trapped air. The author usually uses 500 ml brine per jar. Close the lids tightly and leave for 3 days at about 20°C.

4. Move to a cool place

After 3 days, move to a cool pantry or cellar. Ferment for about 14 days, with a maximum of 20 days. The author allows cooled brine as an alternative and treats turning the jars upside down while cooling as optional.

Tips

NCHFP/USDA advises discarding pickles that become soft or slimy or develop a foul smell; do not taste them. As a separate editorial precaution, Fermentarnia recommends discarding the entire batch if mould appears.

How to serve

Serve with sandwiches or a meal, or use in Polish cucumber soup and vegetable salad.

Under the microscope

Sourness made in the brine

These cucumbers are fermented in salt brine rather than a vinegar marinade. Salt affects which microorganisms can grow, while fermentation gradually increases the acidity. The dill, garlic and horseradish give flavour; they are not the source of the sourness.

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RECIPE ONLINE