

Fermented Green Coriander Pickles



The natural yeast found in the air, on our hands and on the peels of fruits and vegetables, all play a significant role in the fermentation process. This anaerobic yeast is at the heart of the fermentation process. They thrive in water that is lightly salted and feed on the sugars found in fruits and vegetables and in turn produce lactic acid. This acid is what will begin to naturally sour your pickles.

I have found the key to fermenting pickles is sticking to 2% salinity. This amount will prevent harmful bacteria from growing while still allowing the yeast to thrive. I also find it to be just the right amount of saltiness for my palate.

It is important to store your fermenting pickles at room temperature in a cool dark place, free from any direct sunlight. In an ambient temperature of 67-70° F, this recipe takes only a few days to reach my preferred level of sourness. However, if you want to adapt this recipe using more fibrous vegetables, your ferment may take a few days longer. Check it periodically and decide when it has reached your perfect level of acidity by tasting them as they progress.

Ingredients

- 4-5 medium sized cucumbers of your choice
- 5-6 stems flowering cilantro, or fresh herbs of your choice
- Sea Salt
- Granulated sugar
- 32 oz glass jar w/ lid
- Kitchen Scale

Preparation

1. Rinse your herbs & cucumbers. Slice the cucumbers in half lengthwise.
2. With your kitchen scale set to grams, tare the weight of the empty jar. Fill with cucumbers and whole stems of cilantro. Cover with water.
3. Using the total weight of ingredients, multiply by 2% or .02. This is the weight of salt needed. For example, if the total measurement is 1000 grams, you will need 20 g salt. Make sure to measure your salt in a separate container and then pour it into your pickle jar. This is to prevent any error of measurements.
4. Add the salt and a heavy pinch of granulated sugar to your pickle jar. Top the jar and gently shake to dissolve. Remove the lid and place a small ziploc bag with a touch of water to secure everything beneath the water. It is very important that all the vegetable matter stays completely submerged in the brine throughout the fermentation process. Use the bag to weigh everything down. Screw on the lid but leave it slightly open to allow your jar to vent.
5. Burp the jar every 24 hours until the pickles have reached the point you like. I tend to like cucumbers around 3 days. If your ambient temperature is cooler the fermentation will take longer. The same goes for warmer temperatures speeding up the ferment.
6. Refrigerated, pickles will keep up to three months.