



Pickled vegetables

For long-lasting enjoyment, fresh organic vegetables are pickled in fine herb vinegar and sea salt.

Zutaten

4 Portionen

- 1 kg Vegetables of your choice, e.g. carrots, beet, turnips, red cabbage
- Herbs, fresh e.g. thyme or dill
- 2 EL Mustard seeds
- 1 l Water
- 30 g Byodo sea salt
- 1 EL Byodo herbal vinegar

Zubereitung

Peel the vegetables and cut into long pieces or slices. Layer in sterilized preserving jars or screw-top jars. Add fresh herbs and mustard seeds to taste.

Bring the water, salt and vinegar to the boil in a pan, then leave to cool.

Pour the brine over the vegetables until they are completely covered in the liquid. If necessary, weigh down the vegetables with a special fermentation weight or a small glass bowl so that they cannot float. The vegetables must always be below the level of the lake.

Seal the jar and store in a dark place in the cellar or larder. Check the level of the brine from time to time and top up if necessary so that the vegetables are always covered. Prepared brine can be stored

in the refrigerator.

You should soak the vegetables for at least a week before eating them.

Our tip: This basic recipe also tastes delicious with other classic vinegars from Byodo, such as [red wine vinegar](#), [white wine vinegar](#) and apple cider vinegar.