

Home-Fermented Giardinera

Vegetables

2 cups pearl onions
1 small cauliflower, in bite-sized florets
2 carrots, sliced to 1/4 inch thick
1 red pepper, cut into 2-inch pieces
3 stalks celery, sliced on diagonal

2 cloves garlic, whole

Brine proportions

2 cups filtered water
2 tablespoon salt
4 tablespoons whey

Directions

- 1) Loosen skins on onions by plunging them in boiling water for 10 seconds. Remove from water and peel.
- 2) Pack vegetables into half-gallon jar or 2-wide mouth jars.
- 3) Prepare brine by mixing all ingredients together. Pour over veggies, adding more water if necessary to cover. Liquid and veggies should be at least 1 inch from the top of the jar.
- 4) Cover tightly and keep at room temperature for 3 days, then transfer to cold storage.