

Dill Pickle Slices Lacto-fermented

Makes 1 quart

- 1 1lb. cucumbers (6-8, depending on size)
- 2 young grape leaves, washed
- 1 teaspoon dried dill, or 2 sprigs fresh dill
- 1 teaspoon mustard seeds

Brine

- 1 cup filtered water
- 1 tablespoon unrefined sea salt
- 4 tablespoons whey

Instructions

1. Wash cucumbers well and place in a bowl of ice water (covering the cucumbers).
2. Mix brine solution and set aside.
3. In a clean quart jar, place the grape leaves, dill, and mustard seeds.
4. Remove cucumbers from ice water and cut into 1/4 inch slices. Place slices in the jar, laying them as flat as possible. Fill the jar to 1 inch from the top, to allow for expansion.
5. Pour brine over the cucumbers. Add additional filtered water as needed to cover the cucumbers, leaving 3/4 inch space at the top of the jar.
6. Place lid on the jar tightly. allow to ferment for 2-3 days at room temperature. Then transfer to cold storage.