

## Dilly Beans (lacto-fermented green beans)

Makes 1 quart

- 1 lb. green beans (young and tender are best)
- 1 clove garlic, thinly sliced
- 1 small dried chili pepper, whole
- 1 teaspoon dried dill, or 2 sprigs fresh dill
- 2 young grape leaves

### Brine

- 2 tablespoons unrefined sea salt
- 2 cups filtered water
- 4 tablespoons whey

### Instructions:

1. Place grape leaves, half the sliced garlic, chili pepper, and dill in a clean, quart sized mason jar.
2. Snap off stem end of the beans. Add them to the jar, stem side down, packing them close together. (It helps to lay the jar on its side at first.) Fill jar completely with beans (leaving 1 inch air space at top). Sprinkle remaining garlic slices on top.
3. In a glass measuring cup, mix the brine solution. Pour this mixture over the beans to cover them, leaving 3/4 inch from the top of the jar for expansion. If the brine does not cover, mix a bit more salt and water (in the same ratio) and add until the beans are covered.
4. Place lid on the jar tightly. Allow to ferment at room temperature for 3 days. Then transfer to cold storage.