

Sweet and Spicy Pickles  
lacto-fermented

Makes 1 quart

1 lb. cucumbers (6-8 depending on size), washed  
1/2 cup mild onion, thinly sliced  
2 young grape leaves, washed

Brine

2/3 cup maple syrup (honey is anti-bacterial in nature,  
so will not make a good substitute)  
2 teaspoons ground cinnamon  
1/2 teaspoon whole allspice berries  
5 whole cloves  
pinch ground ginger  
pinch dill seed  
1 teaspoon mustard seed  
1/4 teaspoon celery seed  
1 small dried chili pepper  
2 teaspoons unrefined sea salt  
2 tablespoons lemon juice  
4 tablespoons whey  
filtered water

Instructions

1. If cucumbers are not freshly picked, soak in very icy water for a couple of hours. Keep in ice water until ready to slice and put into jars.

2. Bring maple syrup and all spices to boil over medium heat. Immediately remove from heat and let spices steep until liquid has cooled to room temperature.
3. Cut cucumbers into 1/4 inch slices. Arrange and alternate cucumber slices with onion slices inside a very clean quart sized jar, laying them as flat as possible. Leave 1 inch space at top of the jar for expansion.
4. When spice mixture has cooled, stir in lemon juice and whey. Pour this mixture over the the cucumber slices in the jar. Add additional filtered water as needed to cover the cucumbers, leaving 3/4 inch space at the top.
5. Place lid tightly on jar and give the jar a gentle shake from side to side to mix any water you added with the spice mixture. Open the jar again, and push any cucumbers back down into the brine if needed.
6. Replace lid tightly. Allow to ferment at room temperature for 2-3 days. Then move to cold storage. The flavor continues to improve after several days in the fridge, but can be eaten at once as well.