Lacto-Fermented Daikon Carrot Pickles
with Watermelon Radishes and Purple Daikon

Pickled Pink Lacto-Fermented Daikon and Carrot Pickles – too delicious not to share. Try these good-for-you naturally fermented pickles on cheeseboards, in wraps, diced in salads, alongside sandwiches and straight from the jar.

Note: When you can’t find these heirloom varieties, substitute regular white daikon.

Makes 1 quart
Active Time  20 minutes
Total Time  5 plus days for fermentation

Ingredients
1 ½ tablespoons high-quality salt, i.e., Celtic or Himalayan
2-3 medium organic watermelon radishes
2 medium organic purple daikon
3 medium organic carrots
2 cloves peeled garlic, thinly sliced
6 green cardamom pods, lightly smashed
2 teaspoons coriander seeds
½ teaspoon Aleppo pepper flakes or other red pepper flakes
1 bay leaf
¼ cup whey (instructions below)

Directions
1. Dissolve the salt in ¾ cup of hot water. Set this brine aside while you prepare the vegetables.
2. Wash the vegetables, peeling them only if not organic. Cut them into approximately ¼-inch by 2-inch matchsticks.
3. Place the sliced garlic, cardamom pods, coriander seeds and pepper flakes in the bottom of a quart Mason jar.
4. Tightly pack the vegetables in the jar. Leave at least 1 inch of headspace between the top of the vegetables and the top of the jar. Fit the bay leaf in among the vegetables.
5. Add an additional ¾ cup of cold water to the brine. Pour the whey into the jar. When the brine is room temperature or cooler, pour it into the jar, though you may not use all of it.
6. Top the vegetables with ceramic or glass weights to press the vegetables under the brine. Cover with a lid. Or use a Pickle Pipe screwed in place with a canning band.
7. Place the jar in a cupboard to ferment at room temperature. Burp the jar once a day.
(No burping necessary with a Pickle Pipe.)

8. With a clean spoon taste the flavor of the brine after 5 days. If you like the flavor, transfer your lacto-fermented Daikon Carrot Pickles to the refrigerator. If you prefer your pickles more sour, let them continue to ferment at room temperature. Taste the brine daily until it is just right for your taste. Then taste a pickle to be sure.

9. Store your pickles in the refrigerator for about 6 months or more. The good news, they taste even better with age.

**Whey & Yogurt Cheese**

- Make whey by straining organic, plain whole milk yogurt with “live and active cultures” through four layers of damp, food-grade cheesecloth for 4-8 hours or more.
- The longer the yogurt drains, the more whey you’ll have and the thicker the remaining yogurt cheese. Refrigerate the yogurt cheese up to two weeks.
- Refrigerate whey (strained of all traces of yogurt) in a clean jar for up to 6 weeks. Use as needed.
- Add whey to smoothies, bread dough and/or any number of [recipes for fermented beverages, vegetables, and fruit](#).
- Note: Begin straining the yogurt at least an hour before beginning to prepare your lacto-fermented Daikon Carrot Pickles so you’ll have enough whey for the recipe.