



## **Seasonal Eating Demo with Hanh Tran**

### **Open Farm Day – October 19th, 2024**

#### **Fermented Garden Hot Sauce**

The recipe (below) is easy to make, and easy to customize to your taste buds! Use any combination of spicy and sweet peppers you have or enjoy. You can add carrots, tomatoes, nasturtium flowers and other garden goodies. The fermentation process mellows the heat slightly, and creates a much more rich, tangy, complex-flavored hot sauce than just straight fire. Plus, the process of fermenting adds the benefits of probiotics (some reports indicate up to 30 strains of bacteria, 10-15 times what is in yogurt)

#### **INGREDIENTS** (per quart or 1 liter jar)

- 🌶 approximately one pound of peppers of choice, chopped, remove seeds for less heat.
- 🌶 1 small onion or 1/2 medium-large onion, chopped
- 🌶 2-3 cloves of garlic, slightly crushed
- 🌶 1/3 to 1/2 cup fresh cilantro/ parsley / oregano (optional) coarsely chopped
- 🌶 nasturtium flowers (bring a very special flavour)
- 🌶 1 carrot, thinly chopped
- 🌶 sea salt, kosher salt or pickling salt (not table salt)
- 🌶 Other spices: cumin, black pepper, paprika (optional)
- 🌶 1 -3 Tbsp fresh squeezed lime juice/ ACV/ added later

#### **INSTRUCTIONS:**

- 1) In the bottom of a clean jar, Layer the fresh cilantro, garlic cloves, onions, peppers, carrot, and nasturtium flowers. (pack as many peppers in the jar as possible).
- 2) Create a brine by combining 2 cups of water with 1 Tbsp of sea salt or pickling salt
- 3) Pour saltwater brine over peppers until jar is full and everything is covered.
- 4) Add something to keep everything submerged in the brine, not floating on top (a glass or ceramic, cabbage leaf, an airlock lid, recycled plastic lid cut to fit
- 5) Let sit at room temp (68-73F is ideal) for 7 to 14 days. The brine will get cloudy and will likely produce bubbles.
- 6) Blend contents of the fermented hot sauce until smooth, add 3-5 tbsp lemon juice or ACV to increase the flavour. Slowly add more ACV in small amounts until it reaches desired thickness and texture.
- 7) Bottle and enjoy! For best shelf life, store in the fridge and plan to use within one year, though we've had fermented hot sauce stay good for 2+ years! As long as it doesn't mold or develop a really off odors/taste, it should still be good. Enjoy!
- 8) To reduce the salt, use half the recommended amount of salt and add some ACV with mother to help start the fermentation process.