

# Pickled Cucumbers



To start your lacto-fermentation journey, try this recipe for simple pickled cucumbers.

## Ingredients

- 4-5 pickling cucumbers or 15-20 gherkins
- 1 tablespoon mustard seeds
- 2 tablespoons fresh dill, snipped
- 1 tablespoon sea salt
- 4 tablespoons whey (*if not available, use an additional 1 tablespoon salt*)
- 1 cup filtered water

## Directions

1. Wash cucumbers well and place in a quart-sized, wide-mouth jar.
  - For sliced “chips” instead of whole pickles, simply cut cucumbers into 1/4 inch slices and cut back the fermentation time to 2 days instead of 3.
2. Combine remaining ingredients and pour over cucumbers, adding more water if necessary to cover. The top of the liquid should be at least 1 inch below the top of the jar.
  - Author’s Note: Try halving additional cucumbers and laying across the top of the jar to keep cucumbers below the liquid level (or mold could grow).
3. Cover tightly and keep and keep at room temperature for about 3 days before transferring to cold storage.

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