

Easiest Fermented Radish Recipe (Whole Fermented Radishes)

PREP: 30 MINS | FERMENTATION: 1 WEEK - 1 MONTH

EQUIPMENT

- [Glass jars](#)
- [Digital scale](#)
- [Large bowl](#)
- [Fermenting weights](#) (*optional*)

INGREDIENTS

- Radishes (*any kind will do*)
- [Filtered water](#)
- [Salt](#) (*I use 100% natural sea salt, which is rich in essential minerals*)

INSTRUCTIONS

- **PREP THE RADISHES** | Wash off any dirt and lightly dry them. Slice the leaves and tail ends off each radish.
- **FILL THE JARS** | Pour the prepared radishes into the glass jars (to about 80% full). You can also add any spices of your choice (garlic and dill are great).
- **WEIGH THE WATER** | Place a large bowl on your digital scale, and zero it out. Change the unit to grams.

INSTRUCTIONS CONT.

- **MAKE THE BRINE** | Fill each glass jar with water. Then, pour the water from each jar into the large bowl (keeping the radishes *inside* the jars). Take the weight of the water and multiply it by .02. That's how much salt you'll need to add, in grams. (EX: 1,000 grams of water x .02 = 20 grams of salt.) Add the salt and stir until well-dissolved.
- **POUR IN THE BRINE** | Pour the salted water (the brine) back into each jar.
- **WEIGHT IT DOWN** | Use fermenting weights, or the leaves of the radishes, to ensure that each radish is fully submerged in the water. (Anything exposed to oxygen will become moldy, so make sure all radishes and leaves - if using - are fully submerged. ★ They must be 100% submerged during the *entire* fermenting process.)
- **CLOSE THE JARS** | CO₂ gas is created during fermentation, and it needs to be released (or the jars can explode). You have 2 options: either place the lids on *loosely* (just enough to keep bugs/dust out) or close the lids *tightly* and "burp" the jars everyday (take the lids off for a brief moment to release the gas).
- **FERMENTATION TIME** | Fermentation takes a few days to a month. The longer they ferment, the tangier they become. The fermentation is complete when no more bubbles are forming. I let mine ferment for a whole month.
- **STORAGE** | Store your fermented radishes in the fridge, where they will last for several months. Or, with proper technique, you can store them outside the fridge ([see the FAQ section](#) for more details).