AMERICAN · SIDE · SAUCE

Fermented Ginger Carrot Slaw

20 min · plus 2–7 days fermenting · Makes 12 × ¼ cup (40 g) · 16 kcal a portion

Video 14:48 · Mary's Nest

Vegan · Gluten-free ingredients · Nut-free

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Grated carrot and ginger fermented in their own juice: rich in vitamin A (as beta-carotene) for about 16 kcal and 1 g fibre a ¼-cup serve. It is salty — about 600 mg sodium a serve — so use it as a small topping.

Diet notes: Low carb (2.8 g net carbs) but not keto: 5% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

3 · MAKES 12 × ¼ CUP (40 G)

- [ ] 8 **carrots**, grated (about 4 cups)
- [ ] a 2-inch knob of **fresh ginger**, finely grated
- [ ] 2 tbsp **coarse sea salt** (or 1 tbsp fine sea salt)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Grate the carrots on a box grater (or in a food processor) to make about 4 cups, and grate the ginger finely so it spreads evenly. 1:02
2. In a bowl, mix the carrots and ginger with the salt (2 tbsp coarse or 1 tbsp fine sea salt) and pound with a pounder or potato masher, or squeeze with clean hands, for about a minute until the juices run. 1:34
3. Pack into a clean quart (4¼ cups) jar, pressing down hard until the juice rises over the carrots. Keep a little filtered water on hand to top up if there isn't enough liquid. 6:08
4. Set a glass weight (or a small jelly jar) on top so everything stays under the liquid, and fit an airlock lid — or use a regular lid and loosen it to let gas out once it starts bubbling. 11:27
5. Leave at room temperature for 2–3 days in a warm kitchen (5–7 days if cold). Taste with a clean spoon; when it is tangy enough, put on a storage lid and refrigerate. 11:53

> **Tip** Makes about 1 lb, roughly 12 quarter-cup serves (our estimate). Next time, start the batch with ¼ cup of this juice and only 1 tbsp coarse salt, as the cook suggests. Good on salads.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (40 g), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
16 kcal	0.4 g	3.8 g	1.1 g	0.1 g	610 mg
70 kJ	1% of a day	2.8 g net · 1.8 g sugars	4% of a day	0 g saturated	26% of a day
		1% of a day		0% of a day	

Energy from net carbs 81% · protein 12% · fat 7%

High in (20%+ of a day) Vitamin A 34%

Recipe and video: Mary's Nest (@MarysNest) on YouTube — youtube.com/watch?v=P_X21kezWmY, published 8 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fermented-ginger-carrot-slaw