AMERICAN · SIDE · SAUCE

Fermented Kosher Dill Pickles

15 min · plus about 10 days fermenting Makes 27 × ½ pickle (50 g) 8 kcal a portion

Video 4:56 · Food Network

Vegan | Gluten-free ingredients | Nut-free

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A crunchy, almost calorie-free pickle — about 8 kcal a serve — soured by lactic-acid fermentation instead of vinegar, with no sugar. Like all brined pickles it is very salty (about 420 mg sodium a serve).

Diet notes: Low carb (1.6 g net carbs) but not keto: 8% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

7 · MAKES 27 × ½ PICKLE (50 G)

- [ ] 1.4 kg **pickling cucumbers**, 10–15 cm long
- [ ] 160 g **pickling salt**, for the brine (the pickles take up about 29 g)
- [ ] 1 large bunch **fresh dill** (strained out when jarred)
- [ ] 1 tsp **dill seed** (strained out when jarred)
- [ ] 2 cloves **garlic**, crushed (strained out when jarred)
- [ ] 1 tbsp **black peppercorns** (strained out when jarred)
- [ ] 1 tbsp **red pepper flakes** (mostly strained out when jarred)

Amounts in metric 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. Stir 160 g pickling salt into 3.8 L filtered or bottled water (chlorinated tap water can stop the fermentation) until dissolved. Scrub the cucumbers and trim off the blossom ends. 0:05
2. Put the dill seed, fresh dill, garlic, peppercorns and pepper flakes in a 3.8 L crock and stand the cucumbers upright on top. 0:44
3. Pour in brine until it is about 5 cm below the rim. Fill a zip-top bag with more brine (not plain water, in case it leaks), seal it and lay it on top so every cucumber stays submerged. Discard the leftover brine. 1:22
4. Keep the crock at about 20–21°C, no warmer than 24°C. After 3 days bubbles should rise; from then on skim any scum from the edges daily or every couple of days and rinse the bag in clean water. 2:04
5. When the bubbling stops and the pickles taste sour (about 6–10 days), cover loosely with a plate and refrigerate for about 3 days, skimming as needed. 4:04
6. Pack the pickles into jars, cover with the strained brine and keep refrigerated for up to 2 months. Throw them out if they turn soft or smell off. 4:28

> **Tip** Makes about 1.4 kg of pickles, roughly 27 half-pickle serves (our estimate). Use small, firm, very fresh cucumbers. If the brine bag leaks, top up with brine, never plain water.

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

One portion, ½ pickle (50 g), gives you

1 OF 27 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
8 kcal	**0.4** g	**1.9** g	**0.3** g	**0.1** g	**420** mg
30 kJ	1% of a day	1.6 g net · 0.9 g sugars	1% of a day	0 g saturated	18% of a day
		1% of a day		0% of a day	

Energy from net carbs 72% · protein 18% · fat 10%

Recipe and video: Food Network (@FoodNetwork) on YouTube — youtube.com/watch?v=TI4SKZ9BF2c, published 24 December 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-kosher-dill-pickles