



Rosemary & Shallot Radishes

From [The Fiber Fueled Cookbook](#)

Ingredients

- 1 pound of radishes, washed, peels on, sliced into circles
- 1 shallot, peeled and thinly sliced into rounds
- 4 sprigs of rosemary
- 10 – 15 whole peppercorns
- 1 Tb salt
- 17 oz water



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- 1 Tb salt
- 17 oz water

Directions

- Add the ingredients, except the salt and water, into a glass, wide-mouth, 1 quart jar.
- Dissolve the salt in just enough boiling water. Then top it off with cool water to bring the total solution volume to 17 oz.
- Pour the cool brine over the radish mixture and top with a fermentation weight.
- Seal the jar and set it on the kitchen counter for 1 to 2 weeks. The ferment will become bubbly and slightly cloudy, but when the fizziness settles and the brine clears, it is ready to eat.
- Store the finished radishes in the fridge for up to two months.

Culinary Tip:

These make a great topping for tacos, grain bowls, sandwiches or salads.

Nutrition Tip:

Naturally fermented foods, like these radishes, are a great source of probiotics – good bacteria – that support a healthy gastrointestinal system. Good gut health is critical for good mood, good sleep, and good immune function, among many other things.

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