

Giardiniera

(Italian pickled vegetables)

Copyright 2017 Dave Gomberg, all rights reserved.



What is Giardiniera?

Giardiniera is Italian for garden product.

It is a mix of vegetables from the garden.

The most common ingredient is cauliflower, but a number of others are often used too.

Carrots, bell peppers, onions, hot peppers, garlic, celery, tomatoes, broccoli and herbs are common additions.

Today's Recipe:

Today I used:

1 head cauliflower

1 onion

1 red bell pepper

2 jalapenos

3 large carrots

16 cloves garlic (fermented if available)

1 T sea salt

tomatoes (2-3 Roma or 12 cherry)

½ t each basil, oregano, dill, cumin

tap water with chloramine removed

How to remove chloramine from tap water

You can use Campden tablets.

They are inexpensive, about \$.03 for one tablet which treats about 10-20 gallons of water.

I recommend simply dissolving one tablet in a pint of water, then using one ounce of this solution per gallon of water to be treated.

You can buy Campden tablets at San Francisco Brewcraft at 17th Avenue and Clement Street.

How to prepare?

Break cauliflower into small florets

Chop onion, garlic into small pieces

Slice tomatoes and peppers into long strips

Cut carrots into 1/4" coins

Layer ingredients into fermenter (including the herbs, keep them low in the jar). You will need a one gallon fermenter for 1 3# head of cauliflower. It's prettier if the colored veggies are more towards the sides of the fermenter.

Now the final touches...

Be sure that herbs are kept low in the jar as they tend to float towards the surface. Add water with salt dissolved in it to nearly fill the fermenter, then place a plastic bag with water inside as a weight to keep the veggies down from the water surface.



And then...

Ferment at room temperature for 3-12 days, it is remarkable how little time is needed to develop a great, fresh flavor.

Taste to see how you like the current state of fermentation.

Be sure to burp the gas that accumulates below the weight bag every day or two.

Questions?