

Garlicky Lacto-Fermented Snap Peas Snack

Ingredients

- 12 oz. Sugar Snap Peas (you can also use snow peas)
- 4-6 cloves of garlic, smashed and peeled
- 2 tsp. salt

Steps

1. Place the garlic at the bottom of one clean, sterilized quart mason jar. Add the snap peas, packing them tightly side by side- you should be able to fit nearly all of the 12 ounces inside. Add a glass weight on top.
2. Combine the salt with 2 cups of warm water, stirring to dissolve. Pour the water over the snap peas, so that it covers all of the peas. Add a lid, or an airlock system, and screw tightly shut.
3. Let sit at room temperature. If you aren't using an airlock system, make sure to unscrew the lid and let the air escape once a day. Let the peas ferment for 4-5 days, tasting one after 4 days. You want them to be tangy, but still crisp. After they are fully fermented, store in the fridge and consume within a week or so.

