How to make fermented (naturally pickled) peppers

Sauerkraut.

Isn’t that where everyone begins with fermented vegetables? I think it must be as there are many, many sauerkraut articles all over the place.

I think one of the reasons sauerkraut is such a great place to begin is because it’s easy and it tastes great. At least I think it tastes great. However, my “vinegar hating” husband doesn’t quite get how wonderful it is. {sigh}
I know that if I’m going to win my family over on this fermenting thing that it’s going to be a little at a time and that I’m going to have to start with things they already love. So, in addition to sauerkraut. I’ve been fermenting peppers. And guess what? They love them! The fermented peppers don’t have a vinegar taste that pickled peppers do and the fermenting seems to make the pepper a little spicier.

While making sauerkraut is easy, fermenting peppers is super easy. All you need is peppers, salt, water and something to ferment them in. I’m using a wide mouth pint size jar and Fermentools lids. One thing I really like about mason jars for fermenting is that I can try different ferments in small batches until I find out what my family really likes.
To make fermented peppers just slice your peppers in rings or long slices, the shape doesn’t matter. Also, if you are fermenting small peppers you can just leave them whole if you want.

Make enough 2% brine to cover the peppers. This can get tricky and you can do math and weigh your salt and your water to bet a 2% brine. Or you can do what I do and just “estimate”. The idea is to have enough salt to inhibit mold growing but not so much that it halts the fermentation process. I’ve found that using 1 Tbsp of salt (I usually use fine sea salt or Himalayan salt) to 1 pint of non-chlorinated water works just fine.

Put the peppers in your jar and pour the brine over them. Make sure you have some kind of weight to keep the peppers under the brine as they tend to float. If any of the seeds float above the weight, just skim them off. Add lid and let the peppers ferment in a cool dark place for 5-10 days.

Check your peppers every day or so. The fermenting process is more of an art than a science and there are many variables
that will cause your peppers to ferment in just a couple of days or take up to two weeks. When the peppers are fermented to your liking, remove the fermenting lid and weight. Replace the fermenting lid with a storage lid and store in the refrigerator.

The process is the same if you are fermenting jalapeno peppers or sweet banana peppers. We like to mix the spicy peppers in a jar, so we usually have jalapeno, poblano, and cayenne peppers all mixed in the same jar. I don’t care much for hot peppers but I love pickled banana peppers so we ferment the banana peppers all by themselves. We also will usually add a garlic clove or two to the mix.

I have a set of worksheets I print each year to keep track of what I’ve preserved. You can get the worksheets emailed to you by filling out the form below.
Fermented Peppers

You can use this process to ferment any pepper – both sweet and hot. Why make vinegar pickled peppers when fermented peppers are easier and much better for your gut health.

Ingredients

- peppers to fill a wide mouth pint mason jar – jalapenos, poblano, cayenne, banana, even bell peppers.
- 1-2 cloves garlic
- 1 tbsp non-iodized salt
- 1 pint non-chlorinated water
- wide mouth pint mason jar
- Fermentools fermenting lid

Instructions

1. Make a brine using 1 Tbsp non-iodized salt and 1 pint non-chlorinated water. Set aside
2. Slice peppers (you can cut in rings or lengthwise whatever you like best)
3. Remove seeds if you want to (we don’t do this but it seems to be a common practice to remove peppers seeds)
4. Pack peppers into wide mouth pint size mason jar
5. Pour brine over peppers in jar
6. Put a glass weight on top of the peppers to submerge them. Try to remove any seeds that float up above the weight
7. Add fermenting lid to jar
8. Store in a cool, dark place for 5-10 days. Check your peppers every day or so. The fermenting process is more of an art than a science and there are many variables that will cause your peppers to ferment in just a couple of days or take up to two weeks.
9. Once the peppers are sufficiently fermented, remove the fermenting lid and weight.
10. Cover the jar with a plastic storage lid and store in the refrigerator.

Here are some other ways to ferment peppers that you might enjoy...

How to Make Fermented Hot Sauce from Grow Forage Cook Ferment
The BEST Fire Roasted Jalapeno Fermented Hot Sauce Recipe from Homestead Honey
Fermented Pepperoncini Hot Sauce from Grow Forage Cook Ferment
Lacto-fermented Hot Sauce from Joybilee Farm
Banana Pepper Recipe: Fermented Hot Sauce from Attainable-Sustainable
Lacto-fermented Hot Sauce with Nasturtiums from Nitty Gritty Life

The Herbal Academy has a fantastic fermentation course available. You can learn how to make mead, herbal beer and wine, water kefir, and fermented foods.
What have you been fermenting lately?

Sweet or Hot
Fermented Peppers
SchneiderPeeps.com

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