

Harbour's Lacto Fermented Carrot Hot Sauce - HLFM Demo



PHOTO BY MARY LU POOL

The Ingredients:

- 25 gram minced garlic
- 25 gram whole serrano chile
- 500 grams fresh carrots, trim tops
- 550 grams white vinegar
- 1/2 tsp coriander seeds
- 1/2 tsp fennel seeds
- 1/8 tsp ground cumin
- 16.5 grams kosher salt

The Method:

Make Pepper Mash- Place serrano chile, carrot and kosher salt in food processor and blend to smooth. Place in sterilized food container, cover with plastic wrap then squeeze out oxygen with a weight such as a plastic bag filled with dried beans to minimize the possibility of mold growth. Leave room to secure and seal a plastic air tight lid. This can be set out at room temperature for up to 2 weeks. It is important to gently lift the lid once a day to burp, or release the natural gases created from the fermentation process. It is also normal for a white yeast, or Kahm yeast to form during this time as part of the fermentation process. You can remove or scoop out this yeast from the top of the mash as a normal part of this process.

Weigh the remaining pepper mash with a gram scale. Measure the equivalent amount of white vinegar and place the pepper mash, vinegar, raw garlic and spices into a blender. Puree till smooth and has a thin but coarse consistency. The hot sauce is now ready for use or canned and aged up to 6 months. Keep refrigerated.

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