

Fermented Knotweed Pickles



5 from 10 votes

Brine fermented knotweed is one of the best ways to preserve the young shoots. The recipe below is for roughly 1 qt jar.

Prep Time 15 mins	Fermentation time 2 d	Total Time 2 d 15 mins
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Course: Snack Cuisine: American Keyword: Fermentation, Japanese Knotweed, Pickles
Servings: 8 Servings Calories: 2kcal Author: Alan Bergo

Equipment

- Quart mason jar

Ingredients

- 280 grams (10 oz) Young knotweed shoots, peeled, tips discarded preferably thick chubby ones under 1 ft tall
- 550 grams (scant 2 cups) water
- 24 grams (2 Tablespoons) Kosher salt 3% salt

Seasonings (adjust to your taste)

- 4-5 sprigs of fresh dill
- 1-2 fresh garlic cloves I used a ramp bulb **Bay leaf**
- 1 teaspoon black peppercorns
- 1-2 small hot chilis or equivalent
- a couple strips of lemon zest
- 1 teaspoon dried wild Szechuan peppercorns (prickly ash berries)

Instructions

1. Cut the the shoots into 3-4 inch pieces, toss with the remaining ingredients except the water and salt, and pack into the quart jar. Mix the salt and water until dissolved, then pour over the contents of the jar.
2. Screw on the lid(s) and leave out, opening the jars occasionally to burp them. The knotweed pickles will begin to sour in a few days, and develop good flavor after only a couple days in the brine at room temperature. They can be refrigerated, or stored at room temperature, like classic kosher dill pickles.
3. To use the pickles, take them out of the jar and cut into slices, or whatever shape you like. I like thick tubes, since they give me more freedom and control over future cuts and sizes, but you could sure cut them into slices or chunks so they could be spooned out directly from the jar and used.

Notes

This is an example of how to make a one quart jar, it can easily be scaled for larger batches and multiple jars.

Nutrition

Serving: 1oz | Calories: 2kcal | Carbohydrates: 0.4g | Protein: 0.1g | Fat: 0.02g | Saturated Fat: 0.01g | Polyunsaturated Fat: 0.01g | Monounsaturated Fat: 0.004g | Sodium: 200mg | Potassium: 9mg | Fiber: 0.2g | Sugar: 0.03g | Vitamin A: 3IU | Vitamin C: 0.01mg | Calcium: 3mg | Iron: 0.1mg

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