

vege

Recipe #9: April-May

**Fermented
pink turnips**



A recipe created especially for EPFL by Rémy Tranchida of *Le Native* restaurant



TOTAL:
4 CHF



Supplies:

Two 500mL jars

(Weck jars work well)

Glass fermentation weights

(or two small glass bottles, smaller in diameter than the jars, filled with water)

Ingredients:

700 g turnips

1 small beet for color

3-4 cloves garlic

20 g sea salt

1 tsp black pepper

1-2 bay leaves

Shish taouk or other spice blend (optional)

Water (if your water is highly chlorinated, let it sit out for 30 minutes or boil it first)



Préparation:

Pour 2 level teaspoons of salt (10g) into each jar.

Add the pepper and spices.

Peel the turnips and beet, and slice them into matchsticks.
Peel the garlic.

Tightly pack the turnips, beets, and garlic into the jars to prevent them from rising to the surface during fermentation.

Add water to cover the turnips; ensure they are fully submerged.

Place a glass fermentation weight (or a small glass bottle filled with water) on top of the vegetables to keep them under water.

Close the jars and gently shake them to dissolve the salt.

Place the jars on a plate to catch any liquid that escapes.

Leave to ferment at room temperature for about 3 weeks.

After 3 weeks of fermentation, transfer the jars to the refrigerator.

Consume within about 1 year

Enjoy !



Remy Tranchida,
Le Native



About turnips

Like broccoli and cabbage, turnips are cruciferous vegetables. They are white in color and mild in flavor, and are a good option for those who dislike other members of this vegetable family but still want to benefit from the precious nutrients they contain.

Nutritional benefits

Turnips are an excellent source of antioxidants, meaning they can reduce your risk of getting certain cancers and help fend off signs of aging. Rich in trace minerals such as potassium, magnesium, phosphorus, and calcium, they also aid digestion and post-workout recuperation, and promote tissue regeneration and muscle mass recovery.

What to look for

Opt for turnips with smooth, blemish-free white and purple skin. Turnip greens are also edible and can be used in soups, for instance. People often confuse turnips with rutabagas, but their leaves and coloring can help you tell the difference; turnips are white while rutabagas tend to be yellow.

Storage

Turnips keep for a long time in the refrigerator, and even longer when they are fermented using a recipe like this one.

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