



These little chaps cost us the hideous sum of £0.69 from our local Polish shop.

2 big jars and a smaller one with Onion.

The basic reipe for the Lacto Fermented brine is here:-

<http://www.eatwellonuc.org.uk/index.php/recipes/6-lacto-fermented-vegetables>

But really if you have it left over and the you have a bit of salt, all is good!