

Brine Solution

Swick

Makes 1 cups | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

If you don't need a full liter of brine solution, use either 2 tsp per cup for a 3% solution or 3 tsp per cup for a 5% solution.

Step 1: Preparing the Brine

- 30 g salt per L water (or 1 oz salt per qt) for a 3% solution
- 50 g salt per L water (or 1 1/4 oz salt per qt) for a 5% solution

Heat water in a non-reactive pan, add salt, and stir until dissolved. Cool thoroughly before using.

The 5% solution is perfect for most fermenting applications, whereas the 3% is less salty and will help encourage a faster ferment.

Brine solution is used when a bit of extra liquid is needed to keep the ferment submerged to anaerobic fermentation.