

DEVIL'S TRINITY

Even if you have only seen one food show, you have probably heard “mirepoix” (onions, celery, carrots) or the “holy trinity” (onions, celery, carrots). I never really thought much about it. That is, until a couple years ago when I decided to sauté some left over julienne carrots and onions. TASTY! Right then and there I decided I need to mess around with this stuff. I bought carrots, celery, onions, and stop light peppers the next time I was at the store. I did not have time to screw around with it at the time, so I chopped, mixed, and vacuum sealed. A night or two later, I had a tad leftover in the fridge, so I decided to sauté the veggies and mix in some canned chicken. Holy smokes, Batman! IT WAS DELICIOUS! So many ideas, so little time!

About 3 ½ months passed (time tends to do that) and I came up with “Devil’s Trinity”. Basically, it replaced the green bell peppers with jalapenos, add some garlic, and did some lacto fermentation. WOW! Definitely one of my favourite recipes. And it gives rise to some of my other favourites; OLD MAN’s Potato Salad and OLD MAN’s Pot Pie Wings are two that come immediately to mind. It takes a little bit of time (most of which is waiting), but it is most definitely WORTH IT!!!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	lb	Carrots
1	lb	Celery (No Leaves)
1	lb	Shallots
1	lb	Jalapenos
1	-----	Red Pepper (approx. 8 oz.)
1	-----	Yellow Pepper (approx. 8 oz.)
1	oz	Peeled Garlic

Don’t worry about exact weights; just get as close as reasonably possible

SPECIAL TOOLS

- Wine Cooler [ii]
- (Qty. 4) quart sized, wide-mouthed Ball jars [iii]
- (Qty. 4) Easy Fermenter Fermentation Lids [iv]
- (Qty. 8) Easy Fermenter Fermentation Weights [iv]
- Good Quality Wood tamper
- (Qty. 4) Quart ZipLoc Freezer Bags
- Digital Kitchen Scale [v]
- (Qty. 2) 9” x 13 “ Pyrex Baking Dishes
- Cheese cloth
- Medium Binders Clips [vii]

PREPARATION

DAY 00

- 1) Rinse, peel, and dice carrots
- 2) Rinse and dice celery
- 3) Rinse and dice red pepper
- 4) Rinse and dice yellow pepper
- 5) Rinse, peel, and dice shallots
- 6) Rinse and dice jalapenos [x]
- 7) Rinse, peel, and, and dice garlic
- 8) Weigh a largish glass bowl and record the weight [vi]
- 9) Mix all the veggies together in the glass bowl with a wood spoon
- 10) Weigh the largish glass bowl plus the veggies and subtract the weight of the bowl from step 8 to get the weight of the veggies
- 11) Calculate the amount of bringing salt you need by
 - a. $\text{Weight of Salt} = 1.5\% \text{ of Weight of Veggies}$
- 12) Weigh out the brining salt
- 13) Mix in the brining salt into the veggies a little bit at a time, stirring with a wood spoon
- 14) Mix the salt / veggie mixture for about 2 minutes after the last of the salt has been mixed in
- 15) Spread the veggie mix in evenly across the two glass baking dishes
- 16) Cover with cheese cloth and secure with the binder clips [vii]
- 17) Let sit overnight

DAY 01

- 1) Cut the ZipLoc's off the ZipLoc bags
- 2) Cut the ZipLoc bags in half at the seam at the bottom. These will be your followers [viii]
- 3) Divide the salsa evenly, including the brine, between the 1-quart wide mouth jars [ix]
- 4) Tamp down the salsa (with the wood tamper) until it is compacted and under the brine
- 5) Place the first followers in each jar so that it evenly covers the veggies across the entire surface area and comes up the sides of the jar
- 6) Place the first weights on top of the followers
- 7) Place the second followers in each jar on top of the first weight so that it evenly covers the entire area and comes up the sides of the jar
- 8) Place the second weights on top of the second followers
- 9) Press down gently so that all the veggies are submerged below the brine
- 10) Put the lids on the jars and the jars in the wine coolers set for 65 deg. F.
- 11) Allow the veggies to ferment for at least 28 days at about 65 deg. F. [xi]

NOTES

- i. OK... so the last picture is from a different batch
- ii. Not 100% necessary as long as you have a cool, dark place to put the veggies while they ferment. The wine coolers make it pretty easy to maintain the temperature and not have to worry about fluctuations.
- iii. Wouldn't hurt to have an extra one on hand in case you have just a little too much veggies to allow for headroom in the jars, but (Qty. 4) should do the job for this amount of veggies. Same goes for the fermentation lids and weights.
- iv. There are a variety of options out there, but I like the Easy Fermenter Brand. The lids have a special little waterless airlock valve that lets CO₂ out and prevents air from getting in while keeping a profile no higher than the lid itself. These fit into my wine coolers perfectly.
- v. If you don't have a digital kitchen scale, GET ONE!
- vi. Most digital scales have a tare function, but most digital scales also have an auto off function. Recording the weight of the bowl hedges our bets in the event that the scale shuts off before you get all of the veggies in (which will happen).
- vii. Yes, I said binder clips. I LOVE these things. They are perfect for securing the cheese cloth over the glass baking dish
- viii. Non-plastic alternatives are grape leaves, outer cabbage leaves, etc. Fresh grape leaves might be hard to find in most grocery stores, but you should be able to find cabbage
- ix. If you want to be REALLY precise, strain the solids then weigh the solids and the liquid and divide by 2 to determine how much of each to put in each jar
- x. If you want it a bit spicier, DO NOT discard the ribs and seeds. If not, DO discard the ribs and seeds
- xi. The longest I have let it go (at least on record) was about ½ year. The veggies were still nice and crisp and had a great texture and taste.

PICTURES [1]







