

Nasturtium Capers



Ingredients

- 25 grams kosher salt 1.5 tablespoon
- 500 grams water 2 cups
- Nasturtium seed pods as needed, rinsed clean

Info

- **Prep:** 5
- **Cook:** 5
- **Serves:** 1 jar
- [Source](#)

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Rate



Directions

1. Combine the water and salt and whisk to dissolve. Pour the salt water in to a mason jar or other container and add the nasturtium seed pods, then screw on the lid.
2. Leave the jar on the counter for 3 days to start fermenting, or leave out a bit longer if you want them to sour more quickly, then transfer to the fridge. Open the jar here and there to check on the capers and release carbon dioxide and to make sure water doesn't evacuate. I often put mason jars of ferments in another larger container to catch possible drips.
3. After about 2 weeks the capers should have a nice flavor, but if you leave them in the fridge longer they will continue to age and develop until the pH is as low as it can go. More or less, the longer they sit, the better they will get, and you can let your palette be your guide.
4. This makes a 5% brine

[capers](#), [nasturtium](#), [garden](#), [lacto](#), [fermented](#)

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