AMERICAN · SIDE · SNACK

Fermented Beet Cubes with Star Anise

30 min · plus 2 weeks fermenting · Makes 16 × ¼ cup (35 g) · 15 kcal a portion

Video 13:11 · Gardener Scott

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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Crunchy, earthy and tangy, soured by fermentation with no vinegar or sugar: about 15 kcal a quarter-cup with some fibre. It is salted, at about 230 mg sodium a serve.

Diet notes: Low carb (2.3 g net carbs) but not keto: 4% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (230 mg sodium a serve).

Ingredients

3 · MAKES 16 × ¼ CUP (35 G)

- [ ] 950 ml **beets** cut into 1.5 cm cubes (4–5 large beets)
- [ ] 1 tbsp **salt** in 470 ml filtered water, for the brine (about 350 ml fills the jar; the beets take up about 8.5 g)
- [ ] 2 whole **star anise** (optional; not eaten)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Scrub the beets well; peeling is optional (unpeeled beets turn the brine browner). Trim off the roots and stems and cut into 1 cm cubes — 4–5 large beets fill a quart jar. 1:28
2. Make the brine: stir 1 tbsp salt into 470 ml filtered water until it dissolves (double it for two jars). 4:52
3. Drop 1 star anise into a clean quart jar if using. Fill with the beet cubes up to the bottom of the ring, shaking to settle them, pour in brine to the same level and add the second star anise. 5:48
4. Weigh the beets down with a glass weight, a bag filled with brine or a cabbage leaf so every cube stays under the brine. Cover with a fermentation lid or a cloth so the gas can escape. 6:49
5. Leave in a cool, dark place for 2 weeks, checking every 2–3 days that there is no mould and that bubbles are rising. 9:11
6. Move to the fridge (a couple of days there helps the flavours meld). Eat as a snack, on salads or on a pickle plate. 9:48

> **Tip** Makes 950 ml jar, about 16 quarter-cup serves (our estimate). His family preferred the plain beets; the star anise gives a distinct sweet-spice note. Keep the beets under the brine in the fridge.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (35 g), gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
15 kcal	0.5 g	3.3 g	1 g	0.1 g	230 mg
60 kJ	1% of a day	2.3 g net · 2.3 g sugars	3% of a day	0 g saturated	10% of a day
		1% of a day		0% of a day	

Energy from net carbs 76% · protein 17% · fat 7%

Recipe and video: Gardener Scott (@GardenerScott) on YouTube — youtube.com/watch?v=EkxxdfaEqvs, published 7 October 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fermented-beet-cubes-star-anise