AMERICAN · SIDE · SNACK

Fermented Sugar Snap Peas with Garlic

25 min · plus about 8 days fermenting | Makes 17 × 6 pods (30 g) | 13 kcal a portion

Video 9:51 · Gardener Scott

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

Crunchy, tangy pods soured by fermentation, with no vinegar or sugar, at about 13 kcal for six pods. They are salted, at about 160 mg sodium a serve.

Diet notes: Low carb (1.6 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 (160 mg sodium a serve).

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Ingredients 3 · MAKES 17 × 6 PODS (30 G)

- [ ] 500 g (just over 450 g) **sugar snap peas**, tips trimmed
- [ ] a few cloves **garlic** (about 3), peeled
- [ ] 1 tbsp **salt** in 470 ml filtered water, for the brine (about 300 ml fills the jar; the peas take up about 7 g)

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. Warm 470 ml filtered water with 1 tbsp salt in a saucepan just until the salt dissolves (no need to boil), then let the brine cool. 2:07
2. Meanwhile peel a few garlic cloves and snip the tips off just over 500 g sugar snap peas, pulling off any strings. Plumper pods left on the vine a little longer are ideal. 2:49
3. Pack the peas tightly into a clean quart jar, tucking garlic cloves into the gaps, to about 4 cm below the rim. 3:49
4. Pour in the cooled brine to about 2.5 cm below the rim so the peas are covered, then set a glass weight (or a bag filled with brine) on top to keep them under. 5:08
5. Cover with a fermentation lid, or cheesecloth held on with a rubber band, and leave at about 21–24°C for about 8 days; find a cooler spot if it's over 27°C. Cloudy brine and duller colour after 2 days are normal. 6:14
6. Check there's no mould or off smell, lift out the weight, wipe the rim, close with a clean cap and refrigerate. 7:58

> **Tip** Makes 950 ml jar, about 17 six-pod serves (our estimate). You can start eating them before day 8 or leave them a few days longer for more sourness. Eat them like a pickle.

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

One portion, 6 pods (30 g), gives you 1 OF 17 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
13 kcal	0.9 g	2.4 g	0.8 g	0.1 g	160 mg
50 kJ	2% of a day	1.6 g net · 1.2 g sugars	3% of a day	0 g saturated	7% of a day
		1% of a day		0% of a day	

Energy from net carbs 59% · protein 33% · fat 8%

High in (20%+ of a day) Vitamin C 20%

Recipe and video: Gardener Scott (@GardenerScott) on YouTube — youtube.com/watch?v=OnY6QOEkSGY, published 31 July 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-sugar-snap-peas