

## Lacto Fermented Green Beans



4 servings



prep 15 minutes



### INGREDIENTS

2 quarts cold water  
4 Tbs sea salt  
1-pound green beans,  
trimmed  
2 Tbs red pepper flakes  
4 garlic cloves, peeled  
and smashed  
1 tsp black peppercorns  
1 bunch of dill

### INSTRUCTIONS

1. Dissolve the salt in water
2. place your green beans in jars
3. divide the red pepper flakes, garlic cloves, peppercorns, and dill between the jars
4. cover the green beans and seasonings with brine
5. cover the jar with tight lid
6. store at room temp (60-70 degrees) for 3-7 days
7. burp (remove lid and let pressure off) daily- taste daily and refrigerate once desired strength has been achieved
8. refrigerate once complete

### NOTES

*You can adjust the spice level up or down by increasing or decreasing the chili flakes.  
You will know the beans are ready once they have the flavor but still "snap"*

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## Mexican Street Corn



4 servings



prep 10 minutes



cook 30 minutes



### INGREDIENTS

4 Corn On the Cob, shucked  
1 tbsp lime juice  
1 tsp salt separated into two portions of 1/2 tsp.  
1/4 cup mayonnaise  
1/2 cup queso fresco  
1 Tbs chili powder  
1 bay leaves  
1 tsp dried thyme

### INSTRUCTIONS

1. Add 1/2 teaspoon of salt, bay leaf, and thyme to boiling water and then add the corn on the cob and cook for approximately 30 minutes.
2. Strain the water from the corn and cover each corn on the cob with lime juice and additional 1/2 teaspoon of salt (you can use more if necessary).
3. Cover in mayonnaise and then roll each corn on the cob in the queso fresco and sprinkle with chili powder.

### NOTES

*For spicier corn, add 1/2 tsp cayenne pepper to the chili powder and get your Modelo (Mexican Beer) ready :)*

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