

Crushed new potatoes with fermented chilli sauce & olives

serves 4 - 6

1k scrubbed new potatoes

3 tablespoons olive oil

2 spring onions finely sliced

small hand full pitted black olives chopped

small handful parsley chopped

1 - 2 tablespoons chilli sauce depending on strength (see below)

Cook the new potatoes in boiling water until tender.

Mix the olive oil, spring onions, olives and chilli sauce together in a bowl.

Tip in the potatoes, lightly crush, mix thoroughly and serve.

Chilli sauce

Over the years I've tried endless versions of fermented chilli sauce and they all work, - its a delicious preserve for the store cupboard. This is the recipe for the rich, fiery, ferment I made last year. Save the recipe for this years chilli harvest!

Makes about 1litre

1 kilo chillies, such as habanero, stalks removed and cut in half

6 garlic cloves, peeled and roughly chopped

1 tbsp unrefined cane sugar

2 tablespoons whey or sauerkraut juice

brine made from 1 litre of non-chlorinated water and 2 tablespoons salt

Place the chillies, garlic, sugar and whey or sauerkraut juice in a kilner jar and cover with brine.

Place a weight over the chillies to keep them submerged, cover with muslin, stand on a plate and allow to ferment at room temperature for 2 - 3 weeks.

Strain the chillies reserving the brine and tip them into a blender. Process with enough brine to make a smooth sauce. Pour into clean jars and store in a cool dry place for up to 9 months.

Once you open the bottle keep in the fridge.