



Sour (Lacto-Fermented) Corn

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A simple traditional lacto-fermented corn recipe that transforms fresh sweet corn into a tangy, slightly salty ferment while still keeping much of its natural sweetness.

Ingredients

- 3 ears fresh sweet corn
- Water (enough to completely cover the corn)
- Pickling salt (2.5% of the combined weight of the corn and water)

Brine for Fermentation Weights

- 2 tablespoons pickling salt
- 1 quart water

Equipment

- 3 one-litre jars
- Kitchen scale
- Freezer bags (to use as fermentation weights)
- Container or tray to catch overflowing brine

Instructions

1. Shuck the corn and remove all of the silk.
2. Cut each cob into smaller sections instead of removing the kernels.
3. Pack the corn pieces into three clean 1-litre jars.
4. Add enough water to completely cover the corn. If your tap water is chlorinated, use bottled or spring water instead.
5. Place an empty jar on a kitchen scale and zero the scale.
6. Weigh each filled jar individually to determine the combined weight of the corn and water.
7. Calculate the salt using a 2.5% salt ratio and add the correct amount of pickling salt to each jar.
8. Stir or gently shake until the salt dissolves.
9. Place a freezer bag inside each jar and fill it with brine made from 2 tablespoons of pickling salt mixed with 1 quart of water. This keeps the corn completely submerged.
10. Loosely screw the lids onto the jars so fermentation gases can escape.
11. Place the jars in a container to catch any overflowing brine.
12. Store the jars out of direct sunlight at 64°F to 75°F (18°C to 24°C).
13. Check the jars daily.
14. After about 7 days, taste the corn. When it reaches a flavor you enjoy, refrigerate the jars to slow the fermentation.

Notes

- Keeping the corn completely submerged under the brine is important to prevent mold.
- The cobs help keep the pieces together and may contribute additional flavor during fermentation.
- Fermentation time may vary depending on room temperature and your personal taste.
- Always use pickling salt or another salt without anti-caking agents.

[Visit the blog for the complete method](#)