

# Kabees El Lift (Pickled Turnips)

<http://thedomesticman.com/2012/11/27/kabees-el-lift-pickled-turnips/>



*2 lbs turnips (six or seven), peeled and sliced  
2 small beets (or one medium beet cut in half), peeled  
3 cups water  
1/4 cup sea salt  
1/2 cup apple cider vinegar  
2 cloves garlic, peeled  
2 bay leaves*

Mix the salt with 1 cup of boiling water, and stir it together until dissolved. Add the other two cups of water to the hot water, then wait for it to reach room temperature. As the water cools, peel your veggies. Slice the turnips into spears, about the size of thick-cut french fries.

Arrange your garlic, beets, turnips, and bay leaves in two quart-sized jars (one garlic, beet, and bay leaf per jar) with tight-fitting lids. You could also use one half-gallon jar.

Add the vinegar to the water, stir together, then pour the mixture into your jars. Cover the jars with their lids. Let the jars sit in a dark area of the house for four days. It might be a good idea to crack the seal on the jar after a couple days to release air pressure if the lid looks a little too pressurized.

That's it! Serve with just about anything, or as an appetizer when entertaining. Store them in the fridge, and they should keep for about a month.