

Wylder Space's Guide to:

Fermenting hot sauce is a creative and satisfying way to transform chili peppers into a tangy, spicy condiment with layers of flavor. Here's how to make your own batch of fermented hot sauce, inspired by tradition and Wylder Space's philosophy of simplicity and intention.

Fermented Hot Sauce



Ingredients

- Fresh Chili Peppers: 1 pound (choose your preferred heat level: jalapeños, habaneros, cayenne, etc.)
- Garlic: 4–6 cloves, peeled
- Salt: 2 tablespoons (sea salt or kosher salt preferred)
- Water: 2 cups (filtered or spring water)
- Optional Additions: Onion slices, fruit (e.g., mango or pineapple), herbs (like cilantro or thyme), or spices (cumin, coriander).

Equipment

- Glass jar with a loose-fitting lid (or use a fermentation weight and an airlock lid).
- Blender or food processor.
- Non-reactive tools (avoid metal as it can interfere with fermentation).



Directions

- Step 1: Prepare the Ingredients
- Wash your chili peppers thoroughly. Trim the stems and slice them into small pieces (you can leave seeds in for extra heat).
- Peel garlic and gather any optional ingredients you'd like to include.
- Step 2: Create the Brine
- Dissolve the salt in the filtered water to create a basic brine. Stir until the salt is completely dissolved.
- Step 3: Pack the Jar
- Add the sliced chili peppers, garlic, and any optional ingredients into the glass jar.
- Pour the brine over the ingredients, ensuring everything is submerged (this prevents spoilage).
- Use a fermentation weight or a small glass to keep the peppers submerged. Leave about 1 inch of space at the top of the jar for expansion.
- Step 4: Ferment
- Cover the jar with a loose-fitting lid or a cloth secured with a rubber band. This allows gases to escape while keeping contaminants out.
- Place the jar in a cool, dark area (65–75°F) for 7–14 days.
- Check daily to ensure the peppers remain submerged. If needed, press them back down.



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Directions Continued

- Step 5: Blend the Sauce
- Once fermented, transfer the contents of the jar (including the brine) to a blender or food processor.
- Blend until smooth. If you prefer a thinner sauce, strain it through a sieve.
- Taste your hot sauce. Adjust the flavor by adding a splash of vinegar for tang, a touch of sugar for sweetness, or extra brine for saltiness.
- Step 6: Store and Enjoy
- Pour the finished hot sauce into a sterilized glass bottle or jar.
- Store in the fridge, where it will continue to develop flavor and last for months.

Tips for Success

- Fermentation Bubbles: A few days in, you'll see bubbling in the jar—this is a sign of active fermentation.
- Smell Test: A tangy, pleasant smell indicates healthy fermentation. If it smells off or mold develops, discard and start over.
- Experiment with Heat and Flavor: Mix different pepper varieties or add fruits and herbs to customize your sauce.



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Flavor Variations

- Sweet and Spicy: Add mango or pineapple to the ferment.
- Smoky Heat: Use smoked peppers like chipotles.
- Herbal Kick: Add fresh cilantro or parsley before blending.
- Why Fermented?
- Fermentation not only enhances flavor but also preserves beneficial probiotics, making this hot sauce a gut-friendly addition to your meals.
- Enjoy the process and let this hot sauce become a staple in your kitchen—a symbol of creativity, sustainability, and flavor!



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