

Low-Carb Czech Marinated Cheese

Hands-on 10 minutes Overall 3-7 days



Nutritional values (per serving, 1 slice): Total carbs: 7.8 g, Fiber: 1.5 g, **Net carbs: 6.3 g,**

Protein: 25.8 g, Fat: 57.5 g, Calories: 646 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 4 servings)

- 2 large or 4 small packages Camembert (500 g/ 1.1 lb) - *you can also use Brie or goat cheese of "camembert type"*
- 1 large onion (150 g/ 5.3 oz)
- 8 cloves garlic
- 1 cup pickled chili peppers (120 g/ 4.2 oz)
- 1 tsp whole peppercorns
- 1 tsp paprika
- 2-3 bay leaves
- 2 tbsp thyme, fresh or dried
- sea salt to taste
- extra virgin olive oil - as much as you need to cover the cheese up, can be reused

Instructions

- Clean and dry out a Fido jar (a jar with lid that has a rubber seal).
Cut all the pieces of Camembert widthwise.
- Peel and crush the garlic and slice the onion. Spread the garlic on top of all the insides of the cheese. Sprinkle with paprika and salt.
- Add onion slices and top with the other half of the cheese.
- Place the cheese in the Fido jar and add the bay leaves and whole peppercorns. Try to arrange the cheese as close as possible to avoid using too much olive oil to cover the cheese slices up. If needed, cut the cheese in half to fit it in the jar.
- Add the thyme and pickled chili peppers and any leftover onion.
- Top with the extra virgin olive oil until the cheese is covered. Shake the jar to get the air bubbles out. The chili peppers can be partially exposed but make sure the cheese is covered completely. You can reuse the oil for your next batch - just add more if needed.
- Close the Fido jar and keep it away from direct sunlight at room temperature for 1-6 weeks. Shake every 2-3 days to get the air out. The air will escape through the rubber lid while no oxygen will get

in, thus there will be no risk of failure.

- The time depends on how mature the cheese is. If it's already soft, it may take as little as 3 days. If the cheese is mild, it will take approximately 2 weeks to marinate and soften. Once ripen and soft, store in the fridge for up to 2 weeks. Serve with the pickled chilis, onion rings and my [Ultimate Keto Buns](#).

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