

Fermented Foods Recipe Guide

Note: Times to “culture” will vary according to the temperature you live in. It may only take a week or less in hot climates to “ferment” the veges...so check your cultures regularly. They should taste good but slightly sour.

Sauerkraut

Sauerkraut originates from Germany and consists of lacto-fermented cabbage. Cabbage is probably the most often lacto-fermented vegetable out there, probably because the end result tastes so good.

EQUIPMENT:

quart-sized, wide mouth mason jar
wooden pounder or meat hammer

INGREDIENTS:

1 medium cabbage, cored and shredded
1 TB caraway seeds
1 TB sea salt
2 capsules of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. In a large, sturdy bowl, mix cabbage with caraway seeds, probiotics and salt.
2. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices.
3. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar.
4. Cover tightly and keep at room temperature for about 3 weeks to 6 weeks before transferring to the refrigerator. The sauerkraut improves with age.

Gingered Carrots

EQUIPMENT:

grater or food processor
quart size, wide mouth mason jar with tight sealing lid
pounding tool

INGREDIENTS:

4 cups grated carrots
1-2 TB freshly grated ginger (I like a lot)
1 TB sea salt
2 capsules of quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. In a bowl, mix all ingredients and pound with a wooden pounder or meat hammer to release juices.

2. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices cover the carrots. The top of the carrots should be at least 1 inch below the top of the jar.
3. Cover tightly and leave at room temperature about 3 weeks or longer before transferring to the refrigerator.

Apple and Beet Relish

A near-perfect side to pan-fried pork chops seasoned with sage or to a classic roast beef, beetroot relish provides an intensity of flavor coupled with nourishing micronutrients including vitamins, minerals and antioxidants.

EQUIPMENT:

grater or food processor
mason jar or vegetable fermenter
tool for mashing

INGREDIENTS:

3 large apples (about 1 1/2 pounds), cored but not peeled
3 large beets (about 1 1/2 pounds), peeled
2 star anise pods
1 TB whole cloves
1 TB unrefined sea salt
2 caps of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. Shred apples and beets by hand, or in a food processor.
2. Toss the shredded apples and beets together until well-combined and mixed together.
3. Add the star anise and whole cloves to the apples and beetroot, and continue to toss until the spices are evenly distributed among the shredded fruit and vegetables.
4. In a mason jar or, preferably, a vegetable fermenter, layer the apple and beetroot.
5. Periodically sprinkle unrefined sea salt and probiotics over the layers of apple and beetroot and mash with a wooden spoon or mallet to encourage the fruit and vegetables to release their juices, creating a luscious brine to encourage the proliferation of beneficial bacteria.
6. If, after mashing the apples and beets with a mallet or wooden spoon, the brine created by the salt and juice fails to completely submerge the vegetables, prepare a separate brine by dissolving 1 tablespoon unrefined sea salt in 1 quart filtered water and pour this salty mixture over the apples, beets and spices until they are completely covered. Doing so minimizes the risk of contamination by undesirable bacteria, mold and fungi.
7. Ferment in a mason jar or vegetable fermenter for a minimum of three to four days, or longer, depending on the level of warmth in your kitchen.
8. After your apple and beetroot relish has sufficiently cultured, remove it from the vegetable fermenter and gently pick out the star anise pods and whole cloves.
9. Place the apple and beetroot relish into a blender or food processor and process until smooth.

Kimchi

Kimchi is a vary spicy and pungent Korean fermented combination of napa cabbage and radishes. Other vegetables, like cucumbers, are often used.

EQUIPMENT:

fermentation jar
pounding tool

INGREDIENTS:

2 heads Napa cabbage
2 Daikon radishes, peeled and sliced
5 carrots, peeled and sliced
1 bunch scallions, sliced
2-inch piece of fresh ginger, minced
16 garlic cloves, chopped
1/4 cup fish sauce
1/2 cup chili paste, to taste
1 1/4 cups sea salt
2 capsules of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. Wash the cabbage leaves and let them soak overnight in a brine of 1 cup sea salt and 1 gallon water.
2. Once soaked, discard the soaking liquid and combine the cabbage with the radishes, carrots, scallions, ginger, garlic, fish sauce and chili paste.
3. Add the remaining 1/4 cup sea salt to the mixture and combine well.
4. Place the mixture little by little in your fermentation jar, pounding it vigorously to release the juices. Add probiotics.
5. Make sure that the extracted water covers it entirely. If not, create a brine with ratio of 1 tablespoons sea salt to 2 cups water and add it to the mixture.
6. Press the mixture and keep it under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water. Cover with a clean towel if needed to keep out fruit flies.
7. Place the fermentation jar in a warm spot in your kitchen and allow the Kimchi to ferment for 5 to 7 days and up to 6 weeks in colder climates.
8. Check on it from time to time to be sure that the brine covers the mixture and to remove any mold that may form on the surface.
9. A good way to know when it's ready is to taste it during the fermentation process. It's ready when you're satisfied with the taste.

Cucumber Relish

This dill pickle relish recipe produces an old-fashioned, fresh, dill pickle relish that will last up to a couple of months in the refrigerator.

EQUIPMENT:

quart-sized, wide mouth jar with tightly fitting lid

INGREDIENTS:

4-5 pickling cucumbers
2 TB fresh dill (or 2 tsp. dried dill)
2 TB sea salt

2 capsules of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

Wash cucumbers well and chop or grate them in a food processor or by hand. Stir in remaining ingredients.

Place mixture in a quart-sized, wide-mouth mason jar. Using a kitchen mallet or wooden spoon, squeeze the grated cucumbers down and allow liquid to cover them. If there's not enough liquid to cover, add filtered water to get the job done. The top of the liquid should be at least one inch below the top of the jar (that's to make room for all that glorious fermentation).

Cover tightly and keep at room temperature for about at least 1 week & up to 6 weeks in colder climates, before transferring to refrigerator. You can taste the relish during the fermentation process to know if it's ready or not.

Dill Pickles

EQUIPMENT:

quart-sized, wide mouth jar with tightly fitting lid

INGREDIENTS:

4-5 pickling cucumbers or 15-20 gherkins

1 TB mustard seeds

2 TB fresh dill, snipped

2 TB sea salt

1 cup filtered water

2 capsules of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. Wash cucumbers well and place in a quart-sized wide mouth jar.
2. Combine remaining ingredients and pour over cucumbers, adding more water if necessary to cover the cucumbers. The top of the liquid should be at least 1 inch below the top of the jar.
3. Cover tightly and keep and keep at room temperature for about 3 days before transferring to cold storage.
4. For pickle slices simply cut cucumber 1 to 6 weeks.

Fermented Chili Sauce

Seasoned with fresh garlic this fermented hot chili sauce is rich with flavor, bright and fiery. Traditionally, all hot chili sauces were prepared through fermentation – and many of the world's most renowned and well-loved sauces are still prepared through this time-honored technique of combining hot chilies with salt and allowing it to sit and brew away.

SPECIAL EQUIPMENT:

food processor (optional)

mason jar

fine mesh sieve

INGREDIENTS:

3 pounds fresh chili peppers (any chili will do - cayenne peppers, jalapeños, Scotch bonnets, Holland chilies, serranos etc.)

4 to 6 cloves garlic, peeled and minced

2 TB unrefined cane sugar, optional

2 tsp unrefined sea salt

. cup water

2 capsules of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. Snip the stems from the chilies, but leave their green tops intact.
2. Combine all ingredients in a food processor, or mince by hand, until chopped to a fine pasty texture.
3. Spoon the chili paste into a glass mason jar and allow it to ferment, covered, at room temperature for five to seven days.
4. After the chili paste has bubbled and brewed for about a week up to 3 weeks, set a finemesh sieve over a mixing bowl and spoon the fermented chili paste into the sieve.
5. With a wooden spoon, press the chili paste into the sides of the sieve so that the sauce drips from the sieve into the waiting mixing bowl.
6. Once you've pressed and pushed the chili sauce through the sieve, pour the sauce from the bowl into jar or bottle and store in the refrigerator. The sauce will keep for several months.
7. Don't discard any remaining chili paste; rather, use it to season stir-fries, eggs and other dishes.

Beet Kvass

This drink is valuable for its medicinal qualities and as a digestive aid.

EQUIPMENT:

2 quart glass container with tightly fitting lid

INGREDIENTS:

3 large organic beetroot, peeled and chopped up coarsely

4 1/2 tsp sea salt

Filtered water

2 capsules of a quality probiotic or a culture starter. This step is optional, but speeds up the process.

PROCESS:

1. Place beetroot, probiotic and salt in a 2-quart glass container.
 2. Add filtered water to fill the container to an inch or two below the top of the jar. Stir well and cover securely.
 3. Keep at room temperature for 1 week up to 3 weeks before transferring to refrigerator.
 4. When most of liquid has been drunk, you may fill up the container with water and keep at room temperature another 2 days. The resulting brew will be slightly less strong than the first. After the second brew, discard the beets and start again. You may, however, reserve some of the liquid and use this as your inoculant instead of the whey.
 5. Note: Do not use grated beetroot in the preparation of beet tonic. When grated, beets exude too much juice resulting in a too rapid fermentation that favors the production of alcohol rather than lactic acid.
- For more information about fermenting vegetables or dairy:

Websites:

www.bodyecology.com

www.nourishedkitchen.com

www.wildfermentation.com

Books:

Nourishing Traditions by Sally Fallon

Wild Fermentation