

# Formula for a Basic Sauerkraut

1



Chop one head of cabbage finely. Or use a food processor.

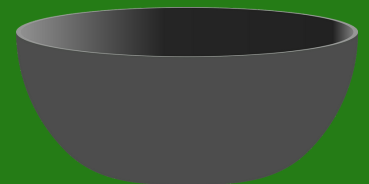
2



Add in two shredded carrots and 2 large cloves of minced garlic.

3

Type of salt matters!



Dump veggies into a large glass bowl. Add 1 T. Redmond sea salt.

4



Mix thoroughly.

5



Let sit 15 minutes.

6



Mix again by hand, squeezing the cabbage so the water comes out.

## Fermenting Tips:

- When fermenting, use non-iodized, non-bleached salt. We like Redmond Real Salt, Himalayan Salt, or Celtic Sea Salt.
- When fermenting, the water quality matters. Avoid city water or treated water with chlorine, which kills the bacteria. Use filtered water, well water, or reverse osmosis water.

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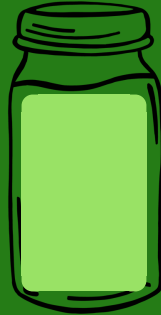
7



Wait 10 more minutes. Then squeeze the cabbage again.

8

*Use a wide-mouth jar.*



Fill a quart Mason Jar with the cabbage all the way full leaving a 1/2 inch at the top.

9



Using your fish, press down into the jar to compact the cabbage. The juices should cover the veggies completely.

## Final Steps:



Place a half an onion on top of the kraut to weight it down. Screw on the top.



Leave it on the counter. Wait 5-10 days. Do not refrigerate or you will stop the fermenting.



Burp the jar each morning, letting CO2 escape. Seal again. Taste after 5 days. Refrigerate indefinitely once you like the taste.

*When you burp your jar, make sure the cabbage is still under the water. If you need to add more water to keep it covered, add some brine to it. (Brine = 1 cup of filtered or well water to 2 heaping teaspoons of sea salt)*



# Kimchi

*Kimchi, a staple in Korean cuisine, is a traditional side dish made from salted and fermented vegetables, most commonly Napa cabbage and radishes, with a variety of seasonings including chili powder, scallions, garlic, and ginger.*

## INGREDIENTS:

- 1 cabbage
- 1 bunch of green onions
- 3 carrots
- 1 bunch radishes
- 1 tablespoon fresh ginger
- 4 cloves garlic
- 2 tablespoons dried chili peppers or 3 fresh chili peppers
- 4 teaspoons sea salt
- 1 teaspoon whey per mason jar (optional, if not using whey, double the salt)
- 4 pint jars with lids

## DIRECTIONS:

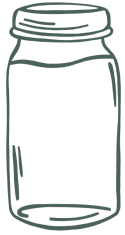
Thinly slice cabbage and green onions. Grate carrots, radishes, ginger and garlic. Dice peppers, if you are using fresh.

Combine everything, except the whey, stirring and mashing. Allow to rest for an hour, this lets out more the juices, which is helpful.

Evenly pack 4 pint jars. Add 1 teaspoon whey per jar. I use a skinny glass to compress the veggies as much as possible.

Add a little water, if needed, so that the veggies are covered with liquid.

Set at room temperature for 3 days and then transfer to the refrigerator.



## Beet Kvass

*Beet Kvass is a lacto-fermented beet juice loaded with nutrients and is very useful as a digestive tonic. The beets can be eaten as well.*

### INGREDIENTS:

2-3 medium beets, chopped roughly into quarters or eighths

2 t. sea salt

water\*

fresh herbs (basil, parsley)

### DIRECTIONS:

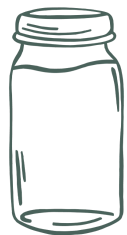
Fill a quart jar 1/4 of the way with beets. Add 2 t. salt. Fill the rest of the jar with water.

Add fresh herbs if you like, making sure they stay submerged under water. (Put them under the beets).

Leave the jar out on your counter for 4-6 days. Every day or two, unscrew the lid to let the CO<sub>2</sub> escape. When desired taste is achieved (it will have a bit of a zip), put it in the fridge, which will stop the fermenting process.

You can do another batch with the same beets! Just drain off the kvass into another jar, and add salt and water to the beets again and let ferment for 4-6 days again.

*\*Do not use city water that contains chlorine or distilled water. Use filtered water, well water, or reverse osmosis water.*



## Fermented Pickles

### INGREDIENTS:

Pickling Cucumbers (smaller ones)

1 banana pepper – optional, but delicious

Fresh dill

4 cloves of garlic

2 bags of black tea (black tea should be the only ingredient)

Brine – (4 cups of well water to 3 T. sea salt, stirred and dissolved)

2 wide mouth quart jars

### DIRECTIONS:

Wash and scrub cucumbers. You can leave them whole, slice into spears, or into 1 inch pieces. Fill each jar until they are an inch from the top. To each jar, add in ½ banana pepper, 2 cloves of garlic, fresh dill (or ½ T. dried) and 1 black tea bag. Cover each jar with brine.

Pickles need to remain under brine while fermenting. You may need to add a weight, or ½ an onion to keep them submerged. Place lids on jars and leave them sit out on your counter for 5-7 days.

Every day, you'll need to unscrew the lids to release the carbon dioxide. After 5 days, start tasting your pickles. They should be salty and tangy. If they're not quite done, leave out for longer. Once they're done to your liking, place in refrigerator to stop fermentation process.



## Fermented Vegetables

### INGREDIENTS:

2 -3 cups of chopped vegetables (carrots, broccoli, onions, cabbage, garlic)

Salt brine to cover

1 Tbsp starter culture (eg whey, kombucha, kefir), *optional*

Seasonings (eg caraway seeds, peppercorns, garlic), *optional*

### Salt brine:

1 quart filtered or well water (do not use city water with chlorine)

2 Tbsp sea salt

### DIRECTIONS:

First, make the salt brine by adding the salt to the water and stirring until dissolved. Set aside.

Add the vegetables to a clean, sterilized jar. Add any seasonings and stir through the vegetables.

Pour over the brine and starter culture (if using) to cover the vegetables. Gently press down with a spoon to release any air bubbles.

Cover, and leave to ferment a few days at room temperature, out of direct sunlight.



## Homemade Yogurt

*This is a simple recipe: a few tablespoons of pre-made yogurt gives the necessary base while the milk makes up the bulk of the yogurt. I have listed raw milk as the starting point but you may use whole milk, nonfat, low-fat, (unsweetened) soy milk, etc., and the formula remains the same.*

### INGREDIENTS:

- 1/2 gallon milk (any kind will work)
- 2 T. plain whole milk yogurt

### DIRECTIONS:

In a large, heavy-bottomed saucepan heat the milk until it reaches 180 degrees on a thermometer. Remove from heat. Let the milk cool until 115 degrees. Pour into pint jars.

Once the milk has reached 115 degrees, you will add 1 tablespoon of pre-made yogurt to each pint of milk. The yogurt can come from either a previous batch (if you've already made some) or from a store bought yogurt. Pour the mixture into the pint jars and screw on the lid.

Fill up a crock pot with warm water halfway up inside, and place the pint jars with the yogurt in it. Cover with a lid, then some towels on top too. Let sit on warm for about 10 hours overnight.

For a thicker, tangier yogurt, strain it using a coffee filter placed inside a strainer.

Refrigerate yogurt for at least 3 hours before eating.