

Sauerkraut – Traditional German Recipe from Rene Archner

Ingredients:

Makes about 3 cups to 1 litre
1 head cabbage, shredded finely
2 tsp natural sea salt
¼ cup minced fresh dill or 1 Tbs dried
1 apple diced or use some zucchini
Some juniper berries (optional)

Method:

Please wash hands thoroughly with natural soap only before starting:

1. Massage the cabbage with the salt until the liquid starts to release.
2. Let the cabbage rest for 10 minutes and massage it again. Repeat as often as necessary until the cabbage is very juicy. Add the remaining ingredients.
3. Pack the mixture firmly into a large glass jar, crock or bowl. Press the cabbage down until the liquid rises above it approximately 0.5 cm. Place an outer cabbage leaf on top (optional).
4. If you are using a large jar for your kraut, place a weight on top of the cabbage, such as a jar filled with water or a plastic bag (1/3 filled) with filtered water. Make sure to cover the jar with another bag to keep any critters out. Place the jar in a bowl to catch any overflow of sauerkraut juice, collect the juice in a jar in your fridge and back to the finished kraut. If you are using a crock or bowl, place a plate on top of the cabbage and then a weight.
5. Allow the kraut to ferment in a cool, dark place for at least 3 days but can be fermented for up to 14 days, depending upon the desired degree of sourness.
6. Once the kraut is ready, store it in airtight glass jars in the refrigerator. It will keep for several months.



You can make variations with red cabbage, kale, add grated carrots, parsnips, broccoli etc. You can also add chillies, ginger or garlic, but this must be added after it has been properly fermented as they will delay the fermentation process otherwise.



Traditional Milk Kefir - Recipe from Rene Archner

Ingredients:

With organic goat or cow's milk – preferably raw (otherwise pasteurised A2 milk from Lindsay Farm)

1-2 Tbs original kefir culture (grains) (the more culture, the faster the fermentation)
800 ml fresh milk – see above

Method:

- Put kefir grains into a 1 litre jar and add the milk. Stir a few times. Cover with a loose lid to allow the fermentation and to keep insects out. Keep the jar on your kitchen bench or hot water cupboard (warm, yet out of direct sunlight). Cover it with a (tea) towel to keep out the light.
- Stir lightly once a day.
- After two days all the milk will be fermented. Stir again and then strain through a wide mesh strainer into a bowl,
- Transfer the fermented milk to another 1 litre jar and keep in the fridge for later use.
- Put the kefir grains back into their jar and put in another litre of fresh milk to start the process over again.

After a few rounds your culture will have multiplied so much that you can take some off and share it with friends. Kefir grains can be easily stored by freezing or dehydrating them. If you want to only take a short break for a week or so, just put the culture in a small container/jar covered with water in the fridge.

Yogurt

Using raw or A2 pasteurised milk, put about half a cup of Greek yogurt (Hohepa or other brand of organic yogurt) in a clean 1 litre jar and fill with milk. I use an old Easiyo thermos flask (sometimes available in op-shops) or wrap a thick small towel around it and put in a warm place. I put in hot water in the bottom of the Easiyo jar only, which I check after about 12 hours. If the water is cold and the yogurt not yet set, I put fresh hot water in for another 12 hours. In Summer it can set quicker than that.

Kombucha recipe

Dissolve 1/3 cup of raw sugar in 1 cup of boiling water. Then steep 2 teabags of black tea for 5 minutes. Remove the teabags. Transfer the hot water mix to a glass, wide mouthed, jar and top up to 1 litre with cold water. Allow to fully cool until it reaches room temperature. Add your kombucha scoby and 1/3 of a cup of your previous batch or a commercial batch. Cover with a paper towel and place in a place on a shelf away from direct sunlight. Do not stir, just let it ferment until you are happy with the taste. When ready, remove the scoby and 1/3 cup of the kombucha - for your next ferment - and pour the rest into a clean bottle. Screw top. Keep in the fridge.

I made my very first batch without a scoby. The scoby grew from the 1/3 of a cup from a commercial brew. Other than adding a scoby I used the the recipe above and the ferment grew its own scoby. That is the scoby I now use for future ferments.

Kombucha

Kombucha is a living health drink made by fermenting tea and sugar with the kombucha culture...S.C.O.B.Y

S.C.O.B.Y means a symbiotic culture of bacteria and yeast.

It digests the sugar producing a range of organic acids, vitamins, amino acids and enzymes.

Health Benefits:

- Full of probiotics (friendly bacteria) for good gut health
- Hydration
- Claimed to help arthritis, depression, improve liver and pancreatic function and increase energy levels

Contains a small amount of alcohol (<1%) more if left longer to ferment.

In this kit you have enough ingredients to make a start at brewing kombucha.

1 x scoby

½ cup of kombucha (which is the liquid in the bag with the scoby)

YOU need to purchase...

- Raw sugar
- Oolong tea bags or unprocessed Green Tea
- Coconut sugar
- Cheese cloth or linen
- A glass jar to brew the kombucha (2.5 litres size is good)
- Rubber band or string to hold cloth tight over the jar
- Bottles (can be purchases from brewing shops or places like Briscoes)
- Funnels come in handy but are not required
- Flavoured tea bags if desired

Note: For future purchases of sugar and tea bags, I've found Bin Inn to be the best place to purchase these.

Recipe

For the first ferment you will require

2 litres of water

½ cup unrefined raw sugar

2 black tea bags (oolong tea) or 1 Bud of Green Tea in an infuser or 2 green tea bags

2 White tea bags ("Planet" from Bin Inn)

2 flavoured tea bags (if making flavoured kombucha)

½ cup kombucha (used from previous brew)

For the second ferment you will require

½ tsp coconut sugar per 750 ml bottle

Fruit if making flavoured kombucha (optional)

First Ferment

Boil water. Add unrefined raw sugar and dissolve. Add tea bags

Leave tea bags in to steep until cooled to room temperature. Don't stir or squeeze the tea bags, as it can make the flavour taste bitter.

Pour **cold** tea into large glass container, add $\frac{1}{2}$ cup of kombucha from the previous brew and the scoby.

If the tea is still hot when you add the scoby and kombucha in, you will kill the bacteria and fermentation will not happen.

Leave for 3 days (the longer, the more bitter/vinegary it will taste) The brew is ready to bottle when small bubbles appear around the scoby

The Second Ferment

(This ferment makes the brew bubbly, you can drink it without a second ferment, and some people prefer that).

Remove scoby from kombucha and wash it in non-chlorinated running water. Place in a glass bowl to the side with $\frac{1}{2}$ cup of the brew.

Add $\frac{1}{2}$ tsp of coconut sugar to each bottle.

Pour first ferment kombucha into clean bottles.

Add fruit for flavour if desired. (Note this will swell during ferment and may be difficult to get out, so cut up finely).

Close lids and leave for a further 3 more days out of direct sunlight. (Best in a room temperature cupboard). Note, if you leave bottles for extended periods of time, the kombucha bottles can explode.

With the scoby you have set aside, start the process again. Brew tea, cool, add scoby and liquid reserved from previous brew ...

Helpful Hints

- For the first few brews, the scoby will be adapting to its new environment and temperatures, it may take longer for the scoby to grow when first in a new environment.
- If the room is too cold it won't work.
- Make sure the water you use does not contain chlorine in it. I happily use tap water (on farm), but if you prefer, bottled water can be used.
- For best results, brew using glass containers and bottles.
- I don't wash the glass container in between each brew, simply because it will still have the bacteria required for the fermentation in it and I think it adds to the flavours of the kombucha. I simply rinse with water and brush my hand over it.
- Every new brew, the scoby should produce a new skin, I normally keep two in the jar, and discard the extras. I normally keep the two freshest scobies, as they are the most adapted to the rooms conditions.
- The cheese cloth or light linen is to allow the bacteria to breathe, keep bugs out while fermenting, and make sure your brew and scoby stays clean. If you find bugs or lava in the brew, discard it, clean your utensils and simply start again.
- If your scoby sinks don't worry about it. Sometimes they will float, other times they will slope sideways. I am not sure why it does it, but it is fine.
- If mould grows outside of what it normally looks like, then I would discard the whole batch including the scobies and start again.
- If the kombucha is tasting too bitter or like vinegar, then try brewing it for a shorter period. Don't bottle it – it won't improve! This liquid **is** vinegar and can be used for that purpose in dressings etc. It will have the flavour of your brew.

- Be careful when opening bottles after the second ferment, they can be very bubbly. I always open mine outside.
- When you are pouring the kombucha to drink, I pour it through a sieve. Sometimes small scobies can be made in the bottles, and I personally don't enjoy drinking them.
- Best served chilled.
- I brew 2 litres at a time, simply because that is all I can keep up drinking. If you want to increase the volume of kombucha I would recommend doing it in half litre increments to allow the scoby to adjust.
- Adding ginger into the bottles. I find that ginger added to fruit enhances the flavour. You can experiment with what way works for you best. You can use ginger root peeled and cut into cubes, juice the ginger and use that, use crushed ginger from a jar, or ginger cubes from the dried fruit section.
- Flavoured kombucha, you can keep the flavour basic with the oolong tea and white tea or you can branch out to different flavours. Simply add two flavoured tea bags to the hot tea brew, and when you brew the second ferment in the bottles, add fruit. I.e., if you purchased raspberry tea bags, add a few fresh raspberries to the tea. Other great flavours I have tried are feijoa, rhubarb, strawberry, nectarine, mango, pear, pineapple, cinnamon and apple.

The more brews you do, the better they get.

If you have any other questions, feel free to call me.

Melody

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Fermented Vegetables

Ginger and Turmeric Fermented Carrot Sticks

Ginger and Turmeric Fermented carrot sticks are a great lunch snack.

Servings 1 Jar

Author TheWildGut.com

Ingredients

1.5 lbs carrots (approximately)

1 inch chunk of ginger

1 tsp turmeric powder

2 cups filtered water

1½ tsp sea salt

Instructions

1. Dissolve the sea salt in the filtered water and set aside
2. Peel, trim and cut carrots into sticks
3. Peel the ginger and slice into discs
4. Turn jar on its side and add half of the ginger
5. Stack carrot sticks until jar is about half full

Fermented Ginger Carrots

Fermented ginger carrots will knock your socks off! This recipe easily doubles or triples into larger batches.

Prep Time 30 minutes

Author Steph Gaudreau

Ingredients

- 1 pound carrots shredded
- 1-2 inch piece of ginger peeled and shredded or grated
- 2 teaspoons sea salt

Ingredients for extra brine:

- 1 cup water
- 1 rounded teaspoon sea salt

Instructions

Ferment time: 7-14 days

- Shred the carrots and ginger in a food processor and dump into a large bowl.
- Sprinkle with 2 teaspoons of sea salt. Mix thoroughly with your hands, squeezing the carrots as you go. You're trying to extract a bit of the natural liquid by creating a concentrated salt solution around the carrots (it's hypertonic...SCIENCE!). Let the carrots sit for 15 min before moving to the next step.
- Divide the carrots evenly between two pint-sized (16 oz) mason jars. Press the carrots down firmly until you've removed as much empty space as possible. There may be some natural carrot liquid at this point but not enough to cover the veggies.
- Place the small 4 oz jar on top of the carrots. Fill the remainder of the space with a little bit of the brine solution. The carrots should be completely submerged. Repeat with the other jar. Save extra brine in the fridge because you might need it during the fermentation process... you can always make more but this saves a step later.
- Cover the jars with cheesecloth, a piece of old t-shirt or a kitchen towel and place them in a bowl (I use paper bowl) or on a rimmed plate to catch any bubbling over.
- Place in a dark spot (like a pantry or cupboard) and check daily to make sure the water level has not dropped down to the carrots. If it has, pour a bit more brine on top.

My carrots were to my sour liking after about a week, but I live in sunny Southern California. Check yours by removing a small sample after 5 days or so and eating it up! If it tastes tangy enough for you, it's ready. It generally takes 7-14 days but varies with temperature.

Store tightly covered in the fridge...it will last for a few months

Brine-Fermented Vegetables

TOTAL SALT CONCENTRATION CHART

2.0%



Brussel Sprouts



Cabbage



Onions



Cauliflower



Radish



Garlic



Beets



Carrots

2.5%

3.0%



Cucumbers



Zucchini



Summer Squash

3.5%



Snow Peas



Green Beans



Asparagus

4.0%



Sweet Peppers



Hot Peppers

TOTAL SALT CONCENTRATION CHART

how to use

Use a digital scale and follow the steps below to calculate how much salt to use for your batch of brine-fermented vegetables.

1

Turn on your scale and set it to weigh in grams. Place your empty jar on the scale. Write down the weight of your jar. (For example, 471 grams.)

2

Remove your jar from the scale, pack it with recipe ingredients, and top with water.

3

Place your jar back on the scale to obtain the weight of the vegetables plus the water. (For example, 1322 grams.) Subtract the weight of the jar that you wrote down earlier. (For example, $1322 - 471 = 851$ grams.)

4

Multiply this number by the total salt concentration for the vegetable you are fermenting to get the number of grams of salt to add. (For example, $851 \times 0.025 = 21$.) Use 21 grams of salt.

5

Tare a small dish, and measure out the correct grams of salt.

6

Now, either add the salt directly to the jar, put on a secure lid, and shake it, OR tip some of the water out of your jar into another jar, add the salt, stir to dissolve, then pour it back in.