



Basic Sauerkraut

Shred enough **Cabbage** to fill two Fermenta crock pots and place in a bowl.

- ✔ Weigh the cabbage and sprinkle 1 Tbsp **Salt** for every kg of cabbage or part thereof. Make a brine by dissolving 1tsp salt into 1 cup **Water**

Directions:

- Massage the cabbage and salt until the water is running out of the cabbage
- ✔ Place the cabbage and juice into the Fermenta, one cup at a time, and compress well after each cup is added
- Add sufficient brine to cover the cabbage
- ✔ Place a cabbage leaf over the shredded cabbage, to hold the cabbage "down", and place your stone weights on top of the cabbage leaf
- ✔ Place the lid on and add water or oil into the gutter
- Do not open for at least 10 days
- Taste and continue to ferment until desired taste is obtained
- Place the Sauerkraut in an airtight bottle in the fridge

Tangy Mixed Fermented Vegetables

- Place 1Kg **Cabbage**, roughly cut up, into a food processor (Keep an outside cabbage leaf to cover the fermented veg)
- Pulse until rustically shredded. Transfer to a mixing bowl
- Wash, prep and then roughly chop - 3 **Carrots**, 1 small **Leek**, 1 **Granny Smith Apple**, ½ bunch **Curly Kale** and pulse in the food processor till coarsely shredded
- Add to the bowl. Massage 2 Tbsp **Salt** into the vegetables in the bowl for 3-4 minutes to draw liquid from the veg and reduce the mass
- Add 1 tsp **Lemon Zest**, 40ml Lemon juice, 1 Tbsp minced **Ginger**, ½ Tbsp minced **Garlic**, Cayenne to taste
- After mixing well, put the mix into the Fermenta, compressing as you fill it
- ✔ Cover with the cabbage leaf and the weights
- ✔ Add up to a cup of water to cover the cabbage leaf. Allow to ferment for at least 7- 10 days depending on the time of year



Quick guide to easy food fermentation

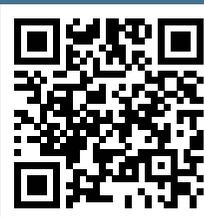
Vegetables that can be fermented

- **Cabbage** - Makes Sauerkraut and combines well with other vegetables
 - **Napa** - (Chinese) cabbage is traditionally used to make Kimchi
- | | | |
|----------------|-------------------|------------|
| * Broccoli | * Kale | * Pak Choi |
| * Cauliflower | * Carrots | * Seaweed |
| * Bell Peppers | * Brussel Sprouts | * Chilli |
| * Beetroot | * Onions | * Garlic |
| * Green Beans | * Leeks | * Ginger |
| * Radish | | |

The general process is to either rub the prepared vegetables with salt as you do with Sauerkraut, where the liquid is drawn out of the cabbage and becomes the brine, with naturally occurring beneficial bacteria to enhance the process. Whole vegetables that cannot be massaged with salt e.g. Carrots, cauliflower etc., must be covered with a 2% brine solution made with 20g sea or pink salt to 1 litre of water. Some vegetables that are prone to mould (E.g. Peppers and cucumbers) require a stronger brine

Depending on the weather, vegetables will take anything from 5-14 days to ferment. After 5 days start checking until the desired taste is obtained

For more information on fermentation with The Fermenta go to www.healthessentials.co.za/fermentation/
OR
Scan on the QR Code



E&OE



the
fermenta
crock pot



**SAFEST
WAY TO
FERMENT
FOOD**

"A myriad of research has demonstrated how the ideal balance of good and bad bacteria in your gut forms the foundation for physical, mental, and emotional well-being. - Dr. Joseph Mercola"



For easy reference this icon represents a tip

ferment your way to super health

100% Good For You

As far back as Hippocrates who stated, "All disease begins in the gut", it was recognised how important it is to ensure that the gut is populated with healthy bacteria to enjoy optimum health. Fermented foods provide exactly that in the form of multitudes of probiotics.

Fermented foods...

Boosts the immune system

Assist in regular bowel movements

Eliminate toxins

Have a high content of vitamin A, C, K & B

Aid in digesting foods and fats

High in dietary fibre



'Pickled' Dill Cucumbers

What is vegetable fermentation?

It is a natural preservation method that takes place in an anaerobic (oxygen-free) environment through lactic-acid fermentation. No vinegar or heat is used, only vegetables and a salt brine. The end result is delicious Sauerkraut, Kimchi (a favourite in Korea), and any combination of vegetables, an example of which is the Spanish blend known as Curtido.

Are fermented foods safe to produce at home?

Fermentation is one of the oldest known methods of food preservation. There are however some important rules to ensure that the food ferments in a healthy way and does not form mould.

How the Fermenta Crock Pot ensures that the food ferments safely.

To safely ferment food you need to maintain an oxygen free environment. The Fermenta crock pot is specially designed with a barrier in the form of a gutter to keep oxygen out and to allow the naturally produced carbon dioxide to escape. After fitting the lid of your Fermenta, you fill the gutter with either water or oil to create the barrier.



Ensure that the vegetables are covered with brine and hold them down with the weights provided with your Fermenta crock pot. Your Fermenta will ensure that your food ferments in a perfectly natural lactic acid environment and is safe to eat



Why own a Fermenta crock pot

- The specially designed lid gutter makes this **the safest method of fermentation**
- Hygienic glazed ceramic is not porous and cannot absorb liquid
- Convenient size - **2 litres**
- **Enjoy** a variety of delicious fermented vegetable blends
- Means of **improving the gut biome** of the entire family protecting and healing so many diseases



Fermentation Tips

- * **CLEANING VEGETABLES:** Rinse off vegetables in a salt solution of 1-2 Tbsp. of salt to a sink or basin
- * **OIL OR WATER IN THE GUTTER:** When water evaporates the oxygen barrier breaks so using oil is a useful alternative
- * **SALT:** Use only non-iodised salt e.g., sea or pink salt
- * **WATER:** Use any water without chlorine. No tap water!
- * **STORAGE:** When the vegetables are fermented to your preferred tanginess, transfer to bottles and refrigerate. Fermented vegetables should store for 6 to 8 months
- * **AVOID FLOATERS:** When fermenting finely cut vegetables use a cabbage leaf to cover the veg to avoid vegetable pieces from floating above the brine
- * **PACK VEG TIGHTLY:** To remove trapped oxygen
- * **KEEP VEG CRUNCHY:** Add a few tannin-containing leaves. Any one of the following leaves: Oak, Grapevine, Green tea, or Seaweed
- * **HYGIENE:** Wash your hands well before touching the vegetables, rinse the crock pot & weights with Hydrogen Peroxide or fill the crock pot with boiling water and a cup of vinegar and allow to soak before using
- * **BRINE:** It is important to select the correct brine. Consult the chart on www.healthessentials.co.za
- * **WHERE TO FERMENT:** House the Fermenta in the coolest part of the house, especially in the summer

INGREDIENTS:

- 5 Tbsp. Sea Salt
- 2 litres water
- 6-9 cloves garlic, peeled
- 1-2 tsp Dill seeds
- 4-6 grape or oak leaves
- Enough pickling cucumbers to fill your 2-litre Fermenta Pot
- Spices to taste: black peppercorns, red pepper flakes, mustard seeds, etc.
- For an extra bite, add a few strips of fresh horseradish

Fermenta crock pot INSTRUCTIONS:

- Make a brine by dissolving 5 Tbsp. sea salt in 2 litres of chlorine-free water.
- In your Fermenta add a couple of the tannin-containing leaves, a few cloves of garlic, the dill seed, and some of the spices
- Pack half of the cucumbers tightly on top of the spices.
- Repeat a layer of leaves, garlic and spices
- Add another tightly packed layer of cucumbers and top them off with more garlic and spices.
- Pour the brine over the pickles, leaving about 4-5 cm of headspace
- Place tannin-containing leaves on top of the pickles as a cover between the pickles and the surface of the brine and place the weights on top of the leaves to keep the pickles under the liquid. Place the lid on and fill the gutter with oil or water
- Place into coolest place in the house and ferment until desired flavour and texture are achieved. The brine should turn cloudy and bubbly, and the pickles should taste sour when done
- Store in bottles in the fridge. If a white film develops on the top of the brine just rinse off before eating - this is harmless