



Fermenting for Health

KNOWLEDGE | GUIDANCE | RECIPES

 EAT FOR LIVING

eatforliving.ca

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Fermentation is Fabulous!

I'm so glad you have taken an interest in fermentation! I hope this document inspires you to get into your kitchen and start creating gut healing, digestive friendly, flavour rich and easy to make ferments.



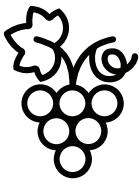
Fermenting is a process that has been a part of every culture throughout history and I'm happy to say, that it's making a big come back in ours! Our ancestors were so smart! Who knew that preserving their crops for winter in a little salt water had so many health benefits:

- Creates beneficial enzymes for digestion
- Breaks down food so it's more easily digested
- Good source of fibre for digestive health
- Boosts immunity
- Omega-3 fatty acids
- Good source of vitamin B6, which is helpful for PMS, depression & asthma
- Vitamin K2 as important as D
- Shown to break down pesticides
- Healthy, glowing skin
- Help achieve and maintain a healthy weight
- Reduces sugar cravings
- Cabbage is a powerful cancer fighter
- One of the richest sources of vitamin C
- Good source of manganese for joint health and preventing osteoporosis

With the new research being done on the benefits of a healthy gut micro biome, this list seems to be growing by the day!



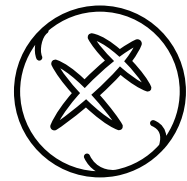
Fermenting brings foods to life - literally!
Through the act of fermentation, millions (some reports say trillions) of beneficial - live - bacteria are formed. It is these beneficial bacteria that support our health in so many ways. It's a process that changes:



GRAPES
INTO WINE



BARLEY SEEDS
INTO BEER



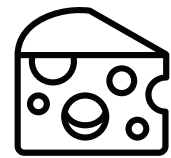
FLOUR INTO
SOURDOUGH BREAD



CACAO BEANS
INTO CHOCOLATE



SOYBEANS INTO
MISO OR SOY SAUCE



MILK INTO
CHEESE OR YOGHURT

Kombucha

Is a naturally fermented tea that has been used for over 2000 years to improve health and fight against infection and chronic disease – and here we thought it was just the latest rage!

The Ancient Chinese called Kombucha the “Immortal Health Elixir” as they revered it for its remarkable health benefits. It contains high levels of antioxidants, enzymes, B-vitamins, probiotics and beneficial acids. The health benefits abound...



BENEFITS OF KOMBUCHA

Improves Joint Function

Kombucha is rich in glucosamines which helps preserve cartilage structure and prevent joint degeneration.

Improves Digestion & Immunity

Kombucha is loaded with probiotic bacteria and yeast that make their way into the gut and ward off parasites and pathogens. It is particularly good at minimizing Candida and improves digestion and nutrient assimilation.

Helps The Natural Detoxification Process

This beverage is loaded with enzymes and organic acids that help to detoxify the body. This reduces the load on the pancreas, liver and kidneys and helps the body rid itself of unwanted wastes and destroy cancer cells.



GET YOUR KOMBUCHA BREWING FOR JUST PENNIES A LITRE!

A SCOBY creates magic! It changes sweetened tea into Kombucha. SCOBYs are living, thriving colonies (Symbiotic Colony Of Bacteria and Yeast) that “eat” the sugars in the sweetened tea and creates a vitamin and probiotic rich beverage.





Kombucha Tea

RECIPE INSPIRED BY WELLNESS MAMA



6 Ingredients



10-21 Days



3.5 Litres

INGREDIENTS:

4 litre glass or ceramic jar (not metal)

3.5 litres filtered water

1 cup (200 g) white sugar

6 - 8 bags black or green tea

1 - 2 cups (200 - 400 ml) liquid from a previous batch

1 SCOBY

1 coffee filter or thin cloth

1 rubber band

DIRECTIONS:

1. Bring water to a boil in a clean pot. Remove from heat & dissolve sugar.
2. Let tea cool to room temperature. This is very important as your SCOBY is temperature sensitive - too hot can kill your SCOBY.
3. Add the tea bags and let the sweetened tea cool to room temperature.
4. Once tea has completely cooled, pour into glass jar. Leave just over 1in of room at the top. Pour in 1/2 cup liquid from a previous batch of Kombucha.
5. With very clean hands, gently place the SCOBY at the top of the jar of tea. It should float, though if it doesn't don't worry. Cover the jar with the coffee filter and secure with a rubber band. Put the jar in a warm corner of the kitchen where it is at least a few feet away from any other fermenting products. 70-75 degrees is best.
6. Let sit to ferment for around 10-21 days, though the length of time may vary depending on your temperature. You can test the Kombucha by placing a straw in the jar carefully (slide under the SCOBY) and sipping. It should taste tart but still very slightly sweet also.
7. At this point, Kombucha is ready for a 2nd ferment. Not doing a 2nd ferment? Just pour the kombucha into another airtight jar & refrigerate.
8. Reserve at least 1 cup from this batch to use as starter kombucha for your next batch (just leave it in the jar with SCOBY).




EAT FOR LIVING



Kombucha Soda

WITH A SECOND FERMENT

 2 Ingredients

 2-7 Days

 3.5 Litres

NOTES:

Using fruit juice can make Kombucha more carbonated, slightly sweeter and infused with your flavour of choice. It is an easy second step too!

DIRECTIONS:


1. In a clean 4 litre (or gallon) jar, Pour 1 quart of juice of your choice, not citrus or pineapple though, into the big jar or divide between smaller jars, filling each jar about 1/5 full
2. Pour the brewed Kombucha into either the smaller jars or into the large jar, leaving at least 1 inch from the top. Make sure to leave about 1/2 cup brewed Kombucha in the jar with the SCOBY.
3. Once the Kombucha is poured off, pour the SCOBY and remaining juice into a clean bowl.
4. Repeat the steps above for the first fermentation to start another batch of Kombucha
5. Tightly cap the smaller jars with the fruit juice added and leave at room temperature for 2-7 days until carbonated to your taste.
6. Refrigerate before drinking or pour over ice.



Strawberry Basil Kombucha

WITH A SECOND FERMENT

 5 Ingredients

 2-4 Days

 4 Litres

INGREDIENTS:

4 litres of homemade kombucha*

1 cup heaping ripe strawberries, chopped

1/3 cup sugar

1/4 cup water

3/4 cup fresh basil, chopped

DIRECTIONS:


1. Add the strawberries, sugar, water and basil to a saucepan and bring to a boil.
2. Reduce heat and simmer for 10 minutes. Remove from heat and allow mixture to cool to room temperature. Remember that the bacteria in your kombucha is sensitive to heat. In a hurry? Sit the pot in an ice bath till cool.
3. In a clean 1 gallon glass container, pour in your kombucha and all of the strawberry-basil mixture. Combine well with a gentle stir.
4. Cover tightly and allow to begin the 2nd fermenting process. Allow to ferment on your counter for 2-4 days. The strawberry basil pulp rises to the top and a new SCOBY will start to form.
5. After the 2 - 4 days, using a small fine strainer or cheese cloth, strain the kombucha and discard the pulp (great for the compost).
6. Bottle in flip cap bottles and store in the fridge.
7. Beware that this 2nd fermented kombucha will be fizzy! Open the bottle away from your face and do NOT shake the bottle.



Meghan's Kombucha Margarita

ACADEMY OF CULINARY NUTRITION

 8 Ingredients

 30 Minutes

 1-2 Servings

INGREDIENTS:

1 cup strawberries

1 cup ice

3 limes, juiced

Raw honey to taste

1 cup water

1/3 - 2/3 cup kombucha

Sea salt & unrefined sugar
to line the glass

DIRECTIONS:

1. In a blender, blend together strawberries, ice, lime juice, sweetener and water until smooth/slushy like.
2. Briefly blend in the kombucha just until mixed (you don't want to blend away the carbonation)
3. In a small dish, mix together the sea salt and sugar.
4. Dip a glass in water, and then into the salt/sugar mix to line the edge of the glass.
5. Fill with margarita mix and serve!

Sauerkraut

Sauerkraut is the term for a type of fermentation that is made by a process called lacto-fermentation. Beneficial bacteria are present on the surface of all fruits and vegetables, especially those growing close to the ground, like cabbage. One species of bacteria is lactobacillus, and it's that bacterium that the "lacto" in lacto-fermentation refers to.

Through fermentation, these bacteria get right to work, eating the sugars in the cabbage, multiplying furiously and releasing copious amounts of lactic acid that acts as a preservative and inhibits the growth of harmful bacteria.

Almost any vegetable can be fermented, and fermenting farm-fresh produce is a great way to provide good nutrition year-round! Ferment one vegetable alone or create mix of many different kinds, along with herbs and spices, for a great variety of cultured foods.





How long does it take to ferment cabbage?

Like a fine wine, sauerkraut improves with age. The flavor and texture definitely improve but the amount and types of the good bacteria also improves with age.

So, just how long should you ferment your sauerkraut? For starters, until you like the taste, texture and tang of your sauerkraut! After all, you have to like it to eat it.

WHEN LIFE GIVES YOU CABBAGE... MAKE SAUERKRAUT!

Homemade sauerkraut is a world apart
from the grocery store variety.

So with all of this activity going on in the jar as it sits on your counter, the minimum length that I recommend to ferment sauerkraut is one week. This gives it time to establish some beneficial bacteria, create lots of brine (which peaks around day four) and also prevents disturbing the nice anaerobic environment you've established.

Having said that, the bacteria continues to blossom and a synergy happens that creates a magical potion for another 14 days. I find the flavour and texture are right around the 21 day mark, but remember it's when you like the taste!

There is a whole big world of information out on the web...any questions, you are sure to find the answer with a simple 'Google'. Two of my favorite sites are...

CulturesForHealth.com

TheKitchn.com


Search: Sauerkraut in a Jar



Traditional Sauerkraut

INSTRUCTIONS FROM ROOTED NUTRITION

 3 Ingredients

 1-4 Weeks

 2 Litres

NOTE:

You can use any combination of veggies here - even add in some fruits! Use a total of a pound of veggies/fruits to 1 teaspoon salt for a variety of fun garden krauts!

Using a base of mostly cabbage is a good start. Get creative or keep it traditional - the options are endless:

- *Green Cabbage , Carrots and Caraway Seeds*
- *Green Cabbage, Carrots, Ginger and Red Onion*
- *Green Cabbage, Red cabbage, Carrots and Apples*
- *Savoy, Daikon Radish, Chilies, Ginger, Garlic & Green Onions*

INFORMATION:

Equipment: Sauerkraut is traditionally fermented in a earthenware crock. For today's modern nutrition, mason jars work really well - especially if you are limited with space.

About the ingredients: Your choice of salt will slightly change the amount that you need - the finer the salt, the less you will need. I recommend using unrefined sea salt as it adds to the nutrient content of the kraut. Avoid using iodized salt as the added iodine slows the fermentation process.

The fresher the cabbage, the more willing it will be to give up its juices to create the brine. If your cabbage is less than fresh and does not give enough juice to submerge the cabbage within 24 hours, add some brine to the crock or jar - approx 1 teaspoon salt/1 cup of water.

Bottling/Storing

Option 1: you can start enjoying the sauerkraut young and then simply let it continue to ferment while pulling it out by bit as you use it...always cleaning the cover and weight before covering it back up.


Option 2: Remove the cover and weight. Place the lid on tightly and store in the fridge. The cooler temperature stops the fermentation process.



Traditional Sauerkraut

INSTRUCTIONS FROM ROOTED NUTRITION

 3 Ingredients

 1-4 Weeks

 2 Litres

INGREDIENTS:

5 pounds cabbage

5 tsps sea salt, approx.

1/4 tsp salt & pepper, to taste

Bonus Tip: The juice contains all the delicious and beneficial properties of sauerkraut itself, so there's no need to throw it away. It can be used in vinaigrettes or poured over your next batch of kraut to kickstart the fermentation process.

DIRECTIONS:

1. Shred the cabbage finely & sprinkle some of the salt on the bottom of a large mixing bowl then add shredded cabbage and the remaining salt.
2. Massage and squeeze the cabbage using your hands to force the juices from the cabbage to create its own brine.
3. Pack the cabbage mixture into jars very tightly. Use a blunt tool to press and pack the veggies. Place a jar or glass full of water on top and press to the submerge the cabbage.
4. Press firmly on the weight for the brine to cover the cabbage. If the brine doesn't rise above the chosen cover (I use a cabbage leaf), weight it down anyway. Then cover the jar with a loose fitting lid.
5. Set it in a cool spot where you will not have to move it for a couple of weeks. Within 24 hours, the natural brine should be submerging cabbage under the weight. If not, add some brine to cover.
6. Check the jar everyday for a week. As foam or 'scum' appears, gently skim it off with a clean spoon. Once in a while take the weight off and rinse it off before replacing back on the jar. As you tend your jar, taste the sauerkraut. You will notice that at first it just tastes like salty cabbage but soon it develops a sour flavour.
7. The jar will need less tending after the 1st week. A 'young' sauerkraut may be done in as little as 1- 2 weeks...I usually ferment mine for at least 3 weeks for the bacteria growth to finish 'layering'.



Traditional Pickles & More

ACADEMY OF CULINARY NUTRITION

 5 Ingredients

 1 Week

 1 Serving

INGREDIENTS:

1 Mason jar worth of cucumbers or vegetable of choice - green beans, carrots or cauliflower

1 tbsp dill seeds or 1 bunch fresh dill

1 tbsp mustard seeds

1-2 cloves of garlic, sliced (optional)

For the Brine:

1 tsp sea salt

2 cups water, approx.

DIRECTIONS:

1. Pack the jar with your vegetables.
2. Make a brine with the salt and water.
3. Add the brine to the jar covering the veggies completely.
4. Allow to ferment at room temp for at least one week then transfer to fridge and enjoy!

Most grocery store pickles use vinegar...tasty but not fermented. Lacto-fermented pickles are prepared using a brine - simple solution of unrefined sea salt and water, which encourages the growth of lactic acid bacteria. Traditional sour pickles are raw after culturing, unlike vinegar-based pickles, which are cooked during the canning process. This kills the enzymes and helpful bacteria and destroys heat-sensitive vitamins.



Sweet & Spicy Apple Salsa

YOUR NEW FAVOURITE DIP

 8 Ingredients

 48 Hours

 1 Litre

INGREDIENTS:

2-3 large, crisp apples

½ large red onion, finely chopped

1 jalapeño, de-seeded and sliced thinly

½ inch fresh ginger (optional)

½ tsp allspice

½ lemon, juiced

For the Brine:

1 tsp sea salt

2 cups water, approx.

2 One litre canning jars or
3-4 500 ml jars

DIRECTIONS:

1. Core and chop apples into bite-sized pieces and place in a large mixing bowl.
2. Add your lemon juice and allspice along with remaining ingredients together in the bowl
3. Add ginger (whole) to bottom of jar as you just want the flavor to infuse your salsa.
4. Pack your salsa mixture into the jar. Now is the time to add a weight if you're using one--although it's not essential, it can help apples stay under the brine and gain the best flavor.
5. Make your brine by mixing the salt and water together, and pour into packed jar. If there isn't enough water to cover, add a little more. You want to only leave about an inch of space in the jar.
6. Close jar tightly and let ferment for 24-48 hours at room temperature, then move to fridge. It should be a bit bubbly, and smell awesome! Enjoy chilled!

Make sourdough cinnamon chips by cutting sourdough tortillas into wedges, misting with coconut oil, and sprinkling with a cinnamon sugar mixture then baking for a few minutes until crispy and topping with Cashew Sour Cream! These are perfect for dipping in salsa!



Cashew Sour Cream

A DELICIOUS ALTERNATIVE TO DAIRY



6 Ingredients



6 Hours



Approx. 250 ml

INGREDIENTS:

1 cup raw, unsalted cashew nuts,
soaked and drained

1 tbsp raw apple cider vinegar

1/2-1 lime or lemon juice, add to taste

Pinch sea salt

1/3-1/2 cup water

1 probiotic capsule

DIRECTIONS:

1. Soak cashews for at least 2 hours, 8 hours or overnight is best. The longer you soak them, the easier it will be to blend them into a smooth cream. (if you don't have time or forgot to soak them, 30 minutes in hot water works too!)
2. Blend all ingredients until smooth in a high-speed blender. Allow to ferment on the counter for 2 – 6 hours and then store in the fridge in an air tight container for up to 1 week.

Try adding fresh or dried herbs or spices such as basil, parsley, chives, cilantro, ginger, garlic, etc.

Add chili paste or chili pepper for spicy variation.

Add nutritional yeast for a cheesy flavor.

Add bell pepper, cucumber, carrots for different flavours.

Or why not try a sweet variation to the sour cream. I love lemon cashew cream with fresh berries.