



Beginners Guide to Fermentation



You don't have to use any fancy preserving jars, hold on to your old jars and repurpose them for your ferments – but, you must **sterilise** them first!

To sterilise: Preheat the oven to 180°, gas mark 4

Wash jars thoroughly in hot, soapy water and leave to dry. Dry the lids with a clean tea towel

Place the jars on a shelf in the oven for 15 minutes

The basic principle is:

Fruits/vegetables + salt + water + a few days = a tasty, probiotic filled ferment!

Simple Sauerkraut

Ingredients

Sliced/grated/chopped **crunchy vegetables** - this can be anything you have lying around in the house, that could otherwise be going to waste; carrots, broccoli, cabbage, radish, cauliflower—but avoid tomatoes!

2% of the weight of the veg in course **sea salt** (100g veg = 2g salt, 500g veg = 10g salt)

1-2 tsp of any **seasonings/spices** you like; peppercorns, bay leaves, garlic, caraway seeds, chilli flakes

1 small **cabbage** leaf

Jar and lid

Water

Method

Weigh out your veg, calculate salt amount and weigh out

Combine veg, salt and chosen seasonings in a mixing bowl

Start adding veg to the jar but stop when you reach the base of the neck of the jar

Add water to the same level

Using the cabbage leaf, fold into the space left at the top of the jar to ensure the rest of the veg is under the water

Attach lid tightly

'Burp' jar daily to release pressure

Ferment for at least 5 days tasting for desired flavour and texture, and then transfer to the fridge



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Tepache is a pineapple based beverage originating from Aztec traditions still observed in **Southern Mexico**, especially the state of **Oaxaca**. Here you will find tepache vendors on every street corner!

Great for **cocktails** or to be served in a pitcher over ice—**like iced tea**!

Try adding **lime** when serving!

Or try adding **apples/fruit** to the pitcher when serving!

Tepache—fermented pineapple drink

Before you start!

Room temperature and ripeness of pineapple will affect fermentation time!

Save your pineapple peels to increase the batch, just adjust the ingredients accordingly

Don't discard the flesh this is for your enjoyment!

Ingredients

4.5 cups of **water** (any cup will do!)

1/2 cup of **brown sugar** (use the same as the water cup!)

1 ripe fresh **pineapple**

1 **cinnamon** stick

Method

Combine water and sugar into a container and stir until the sugar has dissolved

Cut the stalk of the pineapple off and wash the main body of the fruit

Remove the skin by cutting off in strips and add to the sugar-water mixture along with the cinnamon stick

Cut the fruit into chunks, reserving the fibrous core and adding to the container

Cover the container with a tea towel and leave to ferment

Check every 24 hours, you should observe some white froth /bubbles

After 3 days, strain out and discard the solids

Add more sugar/water to taste and refrigerate