2 HOMEMADE CULTURED FOODS FOR HEALTHY DIGESTION

HANDOUT #5

SAUERKRAUT

FROM CULTURESFORHEALTH.COM

Basic sauerkraut may be one of the most popular ferments, and it is a great, simple recipe for beginners.

Ingredients:
1 medium head of cabbage
1-3 tablespoons sea salt

Instructions:
Chop or shred cabbage. Sprinkle with salt.

Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher about 10 minutes, until there is enough liquid to cover.

Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

© Healthy Life Creations

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as it ages.

Makes approximately 1 quart.

Optional Ingredients:
Prior to culturing, mix 1-part shredded carrots, apple, or other vegetable to 5 parts cabbage, for a more complex flavor. Add caraway seeds, if desired.
Pickles (cucumbers are great, plus a little dill seed).

ORANGE-GINGER CARROT KVASS

FROM: CULTURESFORHEALTH.COM
Kvass is commonly made from either bread or beets and while some really enjoy it, others find it not particularly tasty. This recipe changes things up with sweet carrots, spicy ginger, and fragrant orange. It is tangy, fragrant, and pleasant to drink, especially after a second fermentation done with a bit of sweetener added.

Ingredients:
6 carrots, sliced into approximately 1/8-inch coin slices
2 tablespoons roughly chopped ginger
6 large strips of organic orange peel (peeled with a vegetable peeler)
2 teaspoons sea salt (4 teaspoons if omitting collagen)
¼ cup collagen powder (optional)
Water as needed

© Healthy Life Creations

Instructions:
Put carrots, ginger, and orange peel into a half-gallon jar. Add salt and collagen and fill the remainder of the jar with water, leaving a 1-inch headspace.

Cover tightly with a lid, and shake well to dissolve the salt in the collagen powder and water.

Remove canning lid and cover with a clean towel or coffee filter. Secure with a rubber band or canning ring. Place in a warm spot to ferment for 2 to 4 days, depending on temperature (60-70°F is preferred). The longer it ferments, the more sour it will get.

Begin to taste after the first two days and allow to ferment to your liking.

Strain the liquid from the carrots, leaving about 1 cup of liquid in the jar for another round of kvass. To make a second, weaker batch of kvass simply add water and repeat fermentation instructions as above.

If you prefer a more carbonated beverage, a second fermentation can be done. Ferment the kvass for only 2 to 3 days, then strain off the liquid, leaving 1 cup behind for a second batch. Place the kvass in airtight bottles with a pinch of sugar or honey for a little bit of sweetness and added carbonation.

Allow this to ferment for 1 to 3 days, or until carbonated to your liking, depending on the temperature (60-70°F is preferred).

© Healthy Life Creations