

# **FENNEL & LEEK SAUERKRAUT**

Ingredients:

- 400 g organic cabbage
- 40 g fennel fronds, chopped
- 40 g leek tops, thinly sliced
- 12 g sea salt

For any weight of cabbage, I recommend a 2.5% salinity in our Florida climate.

## **CUTTING THE CABBAGE.**

Remove outer leaves from your cabbage, saving them for later. Wash your cabbage. Open up a washed head of cabbage by cutting it and half, then into quarters. Cut out the core if you so desire (it tends to turn orange during the fermentation process, and is not to be confused with any type of mold). Now that your cabbage is quartered, you can use its flat edge to create shreds.

Small, thin, and uniform cuts tend to create both sufficient brine and pleasing texture. You can cut your cabbage in such a way, or you may cut thicker if you want more of a chunky style of sauerkraut. Always use a sharp knife and use care. A mandolin will ensure the most even and uniform shreds.

## **BRINING THE CABBAGE WITH SEA SALT.**

Now that you have your shredded cabbage at hand, sprinkle the sea salt, fennel, and leeks evenly throughout the shreds. Rotate the shreds, ensuring everything comes in contact with the sea salt. The salt will pull out the water within the cells of the cabbage, so this is an important step.

To effectively brine the cabbage, you can opt for one of two methods. First, you can massage your cabbage by hand. If you don't want to spend the time doing that, you can instead allow the cabbage shreds to rest for an hour or so. If you opt for the second method, then cover your bowl of brining cabbage with a cloth in case any neighboring critters get suspicious.

You will know when the brined cabbage is ready when you give it a good squeeze, and brine drips easily. Conserve both the cabbage and its brine in its entirety for the next step.

## **ASSEMBLING YOUR VESSEL FOR FERMENTATION.**

Into a jar, pile your brined cabbage a handful at a time. Press as you go to eliminate air pockets. You will want your cabbage shreds to all be tucked entirely under a layer of brine. Once you have fit all your cabbage into the jar (save about a couple inches of headspace), you are going to fit in one of the outer leaves. Trim it to size, and push this below your brine line as well. Close the jar with a solid cap, label with the date, and place the entire jar into a bowl or shallow dish.

## **THE FERMENTATION PERIOD.**

Fermentation is a most excellent exercise in patience. It is important to remember that microbes are on their own timelines, and the way we understand time is not the same as them. That being said, we can generally speak in averages. You should expect your sauerkraut to finish in about 3 to 4 weeks, or when the bubbling has halted and it tastes sour.

For the first week, you will see the most activity. Sauerkraut can get very lively during the fermentation process, so it is best to keep an eye on it daily. As it creates air bubbles, tamp down your sauerkraut daily to ensure everything stays anaerobic. Eliminate air pockets as much as possible. Continue to “burp” your jar at least once a day, and keep everything below the brine.

## **JARRING AND STORING FINISHED SAUERKRAUT.**

Once the appropriate time has passed, and your sauerkraut has transformed and is sour, it is time to refrigerate. Refrigeration effectively pauses fermentation, locking in that perfect flavor. If you press your sauerkraut each time you take from the jar, it can easily last up to a year, sometimes longer. Texture and flavor will change over time, but the sauerkraut itself will still be viable.

If you make just one jar of countertop sauerkraut, then it is fine to refrigerate. You may leave the cartouche or outer leaf on top if you wish, or you may discard it.

If you have made bulk sauerkraut either in a large crock or gallon-sized jar, it is much easier to transfer it to smaller jars. Simply pile sauerkraut from your main batch into smaller jars. Tamp them down very well, adding enough brine to saturate them, and then sealing with a closed cap. Refrigerate.

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# DAIKON RADISH KIMCHI - FROM ROOT TO SHOOT!

Ingredients:

- 400 g of daikon radishes and their greens (about 2 radishes)
- 10 g sea salt

For the kimchi paste:

- 75 g mochiko (Japanese rice flour)
- 150 g filtered water
- 50 g gochugaru or hot pepper
- 20 g grated ginger
- 10 g grated garlic
- 8 g sea salt

You are welcome to adjust any of the above ratios in any way you like, so long as the salinity of 2.5% is weighed accordingly.

Process:

1. First, wash your radishes. Then cut your daikon radish roots into strips or thick julienne, choose your own adventure. No need to peel the skin. Simply trim away any stray roots if you wish, and discard the portion where the root meets the shoot as it tends to be tough and holds a lot of soil.
2. Trim the greens from the base. Rinse them in cold salted water, which will get rid of any dirt or bugs. Rinse the greens once or twice more. If they tend to be large or long shoots, then you may chop them roughly into smaller pieces. Combine your prepared greens and radish pieces together into a bowl.
3. Next, add salt to your radish mixture. Give it a good mix, and allow the salt to pull the water from the radishes and the greens. You want a good amount of brine to form for the next step.
4. Allow the salted radishes and greens to brine. You can make things more efficient by transferring them to a deli container or similar quart sized container. Then add a sealed jar of water on top as a weight, which will further press out the brine. Cover the entire container either with a lid, or a cloth will do if your assembly doesn't allow for a lid.
5. Let brine at room temperature from a few hours up to a day. After the allotted time, simply pour out the salted brine so that you are left with just the pressed radishes and their greens. Don't worry, there is still plenty of salt on your veggies; you have simply just discarded the water weight at the same ratio.
6. Next, it's time to make the kimchi paste. Add the mochiko and water to a sauce pan, and bring to a low boil. This is to make the rice porridge. You'll

want to stir continuously, as rice flour cooks quickly. If the porridge becomes too thick, simply add more water. Cook for about 20 minutes until the porridge develops a bit of translucency and is cooked thoroughly. It should be about the consistency of cake batter, and it will thicken slightly once it cools .

7. Allow the rice porridge to cool, and then add your gochugaru, ginger, garlic, and sea salt. Stir until very well combined. Add the daikon, greens, and kimchi paste to a bowl and mix until well incorporated.
8. Place everything back into a vessel for the remainder of fermentation. Press your mixture below the brine, and top with either a cartouche or with fermentation weights. Seal with a solid cap and allow to ferment at room temperature for about 5 days. Once complete, transfer to the refrigerator. Kimchi will sour slightly as time goes on. Both fresh and aged kimchi are great for various recipes.

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## **FERMENTED KOHLRABI WITH CURRY & THAI BASIL**

Ingredients:

- 400 g organic kohlrabi
- 20 g curry powder
- A few basil leaves, thinly sliced
- 10 g sea salt

For any weight of vegetables, I recommend a 2.5% salinity in our Florida climate.

Process:

To prepare the fermented kohlrabi, wash thoroughly. Trim the greens, and save them for your fermentation project if you wish. Use a vegetable peeler to remove the tough outer skin. Prepare the kohlrabi either by slicing or into small julienne cuts.

After this step, you will combine everything the same way as instructed above for making sauerkraut. Shredded kohlrabi effectively has the same behavior and fermentation style as sauerkraut, so use the sauerkraut instructions at the point of assembly as a guide.

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## **EASY PAPAYA RAW VINEGAR**

*(Using overripe papaya. This can also be made with virtually any fruit!)*

1. For every pound of fruit, use 1/2 cup of sugar and 1/3 cup live vinegar starter. Fill the rest with water. (I like to use a 1 gallon jar). The sugar and starter are optional; however, it will make the vinegar making process more efficient.
2. Cover with a solid cap and stir every day or as often as possible. You can use a cloth top as well, just be sure to stir more often. Once bubbling is evident and subsides, strain out fruit, switch to a cloth top if you haven't already, and continue to ferment vinegar to age. This process before straining the fruit usually takes about a week.
3. Optional Boerhaave method: use two jars instead of one, transferring vinegar from jar to jar daily. To increase surface area and aeration, you may use edible plants such as grape stems, oak chips, dried herbal stalks, etc.
4. Continue to stir your strained liquid often, oxygenating the mixture. Let it sit for a month or two to fully mature. You may see a mother begin to form (a top layer of symbiotic bacteria and yeast). Finished vinegar should taste a lot like ACV once all the alcohol is converted to acetic acid. You can then store vinegar in closed containers.