**Fermenting Recipes**

**Fermented Sweet Pepper Salsa**

(Recipe from Nourished Essentials)

5 Medium sweet red peppers

5 Jalapenos - Seeds removed

1 Medium sweet onion

1-2 cloves garlic - minced

1/2 to 3/4 tablespoons of kosher or pickling salt

**1**. Roughly chop the bell peppers, jalapenos and onions. Then place in a food processor and pulse to mince until you have the desired consistency.

**2**. Transfer to a large bowl and add the garlic and salt. There should be a fair amount of brine already created.

**3**. Transfer the mixture into a quart or half gallon jar. Press the mixture down with either your hand or a pestle to further extract the brine from the veggies. If you are using a weighting system then place the weight on top.

**4.** Seal the jar with your Easy Fermenter Lid or other fermenting lid.

**5.** Wait 14-21 days for the ferment to complete. We suggest you begin to taste at the two-week mark. When you are satisfied with your salsa, replace the lid and move your salsa to the refrigerator to store. As long as the ferment is under the brine in the cold storage this ferment can last upwards of a couple of years in the fridge.

**Sauerkraut**

(Adapted from Nourished Essentials)

1 medium head of cabbage or 2/3 of a large one (fresh and organic when possible)

1-1.5 tablespoons of the salt of your choice

Wide mouth Mason jar

Carraway seeds (optional—to taste)

1. Wash your cabbage in filtered water.
2. Chop or grate depending on your taste and consistency preferences.
3. Transfer to a bowl large enough to hold the chopped cabbage and sprinkle with the salt indicated above.
4. Massage the salt into the cabbage for about 5 minutes. Then, let the cabbage sit for about an hour.
5. Add the Carraway seeds and mix in if you are using them.
6. Transfer the cabbage into the Mason jar. Every three or four inches, use a pounder or your hand to compress the cabbage down into the jar, further extracting the brine. Ensure you leave about 4 inches of headroom at the top of the jar, making sure it is completely under the brine. If there is not enough water from the cabbage, add more brine at 1 Tablespoon salt/quart of water.
7. If you are using a weighting system, place it on top of your cabbage. You may also use one of the outer large leaves which you have washed and cut to fit over your kraut. Cover with a fermenting lid.
8. Place in a spot in your home that is approximately 70 degrees.
9. Check your kraut after 10 days. If you don’t feel the taste is right, continue to ferment and check again in a few more days. You can continue to ferment for up to 30 days. When you think it is right, replace the fermenting lid with a regular one and move to a refrigerator or root cellar. You can continue to ferment for 4-6 weeks, but if you have changed to a normal lid, you will need to open it every few days to release pressure. When you are satisfied with your sauerkraut, replace the fermenting lid with a regular lid. Your Sauerkraut will last for a long time in the refrigerator.

**Sauerkraut with Apple (Mary’s Nest)**

[https://www.youtube.com/watch?v=EO90h3xB3oc](about:blank)

One head green cabbage. Remove outer leaves. If not organic, remove 4 outer leaves (discarding first two) and saving the second two. If organic only remove two outer leaves and save for later. Cut in half and remove core (save for later). Slice entire cabbage thinly. Put in large bowl. Add two Tablespoons coarse Sea Salt. Using a Kraut Pounder or other tool (e.g. potato masher), pound the cabbage and salt to help release a lot of the juice. Put into 2-quart Mason jar.

Chop up one apple and the core of the cabbage. Using your blender and a little Spring Water (Gemie uses filtered water). Pour water in almost to cover the apple and core pieces. Turn blender on to make a slurry. Add to the jar with the cabbage and mix it in. Fold outer leaves and put in on top. Push everything down under the brine and put a weight on top. Check every day if using a regular lid or canning lid and release a little pressure. Start checking on your ferment in a week. When you are satisfied that your sauerkraut is ready, replace the fermenting lid with a regular lid and move it to the refrigerator. Lasts for at least 6 months in the refrigerator.

**Fermented Pineapple/Jalapeno Salsa**

(From Nourished Essentials)

2 cups ripe pineapple (approximately ½ pineapple)

1 jalapeno pepper (Gemie removes the seeds and usually adds another pepper)

2 green onions

Sea Salt (to taste—Gemie uses about ¾ teaspoon)

Black Pepper (to taste)

2 Tablespoons whey (or use the liquid from a fermented veggie of your choice)

Chop the pineapple and the Jalapeno pepper. Slice the green onions. Combine all the ingredients in a medium mixing bowl. Transfer the ingredients to a Mason jar. Scrape any pieces from the side of the jar and move them down to be under the brine. Put a weight on top and place a fermentation lid on the jar. Allow the salsa to ferment **8-12 hours** at room temperature. Chill for at least 2 hours before eating. Can be kept in the refrigerator for up to a week. Note: Gemie does not use the brine from this ferment as a starter due to the short ferment time and the shorter storage time.

**Fermented Mayonnaise** (from Homesteading Family)

[https://www.youtube.com/watch?v=jNjKm36yuVg](about:blank)

1 Egg (very fresh, room temperature)

1 teaspoon prepared mustard

½ teaspoon salt (non-iodized)

2 teaspoons fresh lemon juice

2 Tablespoons brine from ferment or whey (from plain yogurt)

1 ¼ cup healthy oil (olive, avocado, grape seed, etc.)

1 clove garlic and other fresh herbs (Gemie uses fresh Basil)

Put the above ingredients into a one-quart Mason jar and blend with an immersion blender until thick. Cover with a loose lid or fermenting lid. Allow to sit out for 6-10 hours at room temperature to ferment. Replace fermenting lid with a regular lid. Refrigerate.

**Fermented Ketchup** (from Homesteading Family)

[https://www.youtube.com/watch?v=Z3tv28ZQrGI](about:blank)

1 ½ cups tomato paste (approximately one 12-ounce can)

1/3 cup sweetener (maple syrup, honey, sucanat, etc.)

1 Tablespoon Worcestershire Sauce

1/8 teaspoon cloves

1/8 teaspoon cinnamon

1 teaspoon salt

2 Tablespoons Raw Apple Cider Vinegar

2 Tablespoons starter liquid (brine from a previous vegetable ferment or whey from plain yogurt)

Enough filtered water to make it the consistency you want.

Mix together first 8 ingredients. Add in filtered water if required. Put into a glass jar with a fermenting or loose lid. Let set out at room temperature for 6-10 hours. Replace fermenting lid with a regular lid. Refrigerate.

**Fermented Beet and Red Cabbage Sauerkraut with Ginger**

(From Cultured Guru)

[https://cultured.guru/blog/fermented-beet-and-red-cabbage-sauerkraut](about:blank))

500 grams red cabbage (approximately 8 cups shredded)

100 grams shredded beets (approximately ½ of a medium beet)

1 Tablespoon fresh grated ginger

20 grams unrefined sea salt (approximately 4 teaspoons)

200 grams filtered water (approximately 7 ounces or a scant cup)

Wash your fermentation equipment (jar, weight, and lid). Remove the outer leaves of your cabbage and lightly rinse with cool water. Using a knife, chop your cabbage to the desired thickness. Place your kitchen scale on the counter. Turn it on and set it to weigh in grams. Place a mixing bowl on your kitchen scale and tare (zero) the scale. Add the designated amount of chopped cabbage, shredded beets, and grated ginger. Set aside that bowl and place a small bowl on the scale and tare (zero) it. Weigh out the salt. Add the salt to the cabbage and mix with your hands until the cabbage becomes wet. Place your empty clean jar on the scale and weigh out 200 grams filtered water. Add the water to the bowl with the cabbage mixture and mix well. Starting with the liquid, add the entire contents to the jar and pack everything down. Place the weight in the jar. You can also cut and use some of the outer large cabbage leaves to help keep the vegetables under the brine. If the brine still does not cover the vegetables, over the next 12 hours continue pushing the weight down. Keep the jar covered with a fermenting lid such as the Easy Fermenter. Within 12 hours, the vegetables should have released enough juice so that brine covers the vegetables. Ferment for 21-28 days, then remove the weight. Replace the fermenting lid with a regular lid and refrigerate.

**Lacto-Fermented Dill Pickles**

(Adapted From Mary’s Nest)

Approximately 4 pickling cucumbers

3 bay leaves

Mustard Seed (to taste)

Black Peppercorns (to taste)

Allspice Berries (to taste—Gemie has not used these)

Dill Seed (to taste—Gemie added these)

Fresh Dill sprigs

Garlic cloves cut or shredded (to taste—Gemie uses one good sized clove)

2 Tablespoons coarse Sea Salt OR 1 Tablespoon fine Sea Salt

¼ cup starter from another ferment (optional—you can a use a little less salt if you use the starter ferment liquid)

Cut off ends of cucumbers and slice into spears (cucumbers should be approximately 4 inches long). Put spices in bottom of 1 quart Mason jar. Wedge in cucumber spears. Pack rather tightly. Wedge in the bay leaves and Dill Sprigs. Add salt to a small amount of filtered water to dissolve it. Pour salt solution into jar. Add in starter if using and fill with filtered water leaving at least a 2-inch head space. Place a weight on top of the cucumbers. Top with a fermenting lid or loose lid (in which case you need to burp it every day). Allow pickles to ferment for 7-14 days. These will last a long time in the refrigerator.

**Fermented Dilly Green Beans**

**(From Farm Steady)**

[**https://farmsteady.com/blogs/field-guide/recipe-fermented-dilly-green-beans**](about:blank)**?**

Ingredients:

2 lbs. green beans, ends trimmed

6-8 sprigs fresh dill

2 garlic cloves, thinly sliced

1 chili pepper, thinly sliced (optional)

2 tablespoons kosher salt

1 quart water

Directions:

1. Pack trimmed green beans, sliced garlic, chili peppers, and dill into fermentation jar.

2. Dissolve kosher salt in 1 quart of water to make a brine.

3. Place a fermentation weight atop your green beans, and pour in brine. Beans should be fully submerged when weighted.

4. Top with lid and airlock. Let ferment at room temperature for 1-2 weeks.

5. Transfer finished Dilly Green Beans to jars and move to the refrigerator.

Fermented green beans keep in the fridge for up to 2 months.