



Lacto-Fermenting Basics

<https://www.fannetasticfood.com/how-to-ferment-vegetables/>

<https://diynatural.com/fermented-vegetables/>

Fermenting foods is a means to preserve food, enhance its nutrient content and provides your body with probiotics. Fermenting is a natural process that allows the good bacteria Lactobacillus (found on the surface of fruits and vegetables) to turn sugars in the foods into lactic acid. Fermented foods taste slightly tangy and adds good bacteria to the gut. These good bacteria help strengthen the immune system and regulate appetite and provides probiotics for gut health.

Equipment: Jar with lid, very clean, no need to sterilize, leave on plate to catch drips. 1 small cabbage leaf to cover top of veg before putting on lid, or special fermenting weights to keep food below the surface of the liquid.

Ingredients: (choice of vegetables and seasonings, pickling salt, or kosher salt, filtered water, Spring water (or tap water boiled and cooled can work too).

Instructions: 2 methods of fermenting

1. **Brine method:** make a brine with water and salt and submerge the veggies in it. (sliced carrots and radishes, cauliflower, green beans, cucumber spears, etc.) It is safe to use a brine ratio **up to 5%**. Anything higher than 5% may stop the fermentation.

- Place veggies and seasonings in jars, leaving at least 1 inch head space.
- Mix salt with room-temperature water, stir to dissolve. Make enough to fully cover vegetables.

3% brine: 3 g salt to 100g water

5% brine: 5 g salt to 100g water

<https://myfermentedfoods.com/tools/brine-calculator/>

- Pour the brine on top of the veggies, until they are completely covered. Leave at least 1/2 inch of space above the top of the brine. If needed, weigh the veggies down with a weight so the vegetables are not exposed to air.

- Place lid on the jar, screw on loosely to allow gases produced to escape. Open the jar daily to release any built-up gas, keep jar on a plate to collect any overflow.
 - Sit at room temperature for 3-6 days. After 3 days taste the veggies. Check daily until they are the desired 'tang' then place in the fridge.
 - Its normal for the brine to get a little cloudy, it's just veggies releasing juices while soaking up the brine.
2. **Dry-salting method:** salt is mixed with the veggies which pulls out the juices from the vegetable to make the brine (cabbage, shredded carrots or radish, or cucumber, etc.)
- Prepare vegetables, weigh, place in bowl with the correct amount of salt as in the chart below. Gently massage the salt into the vegetables, as the salt dissolves and the vegetables wilt, water will collect in the bowl, pack into jars including all liquids. Make sure solution covers the vegetables, top up if necessary with brine

Weight of vegetables	2% of salt	3% of salt	5% salt
1/2 lb	1 tsp. (5g)	1 1/2 tsp. (7.5g)	¾ Tbsp (12.5 g)
1 lb	2 tsp. (10g)	2 1/2 tsp. (15g)	1 ½ Tbsp (25g)
1.5 lb	3 tsp. (15g)	4 tsp. (22.5g)	2 ¼ Tbsp (37.5g)
2 lbs	4 tsp. (20g)	5 tsp. (30g)	3 Tbsp (50g)

Approx weight of salt per tsp or tbsp

Utensils	Abbreviation	Weight of salt
1 teaspoon	tsp.	5.7g
1 tablespoon	tbsp.	17g

Flavor Combinations –

- Carrot sticks + 1 clove garlic + pinch of black peppercorns + 1 sprig fresh dill –
- Cauliflower + 2 cloves garlic + pinch red pepper flakes + pinch black peppercorns –
- Green beans + 2 sprigs fresh dill + 2 cloves garlic + pinch of black peppercorns –
- Sliced radish, jalapeno, onion, and carrots + pinch of cumin seeds + pinch of red pepper flakes + 1 clove garlic –
- sliced peeled beets + 1 clove garlic + pinch of black peppercorns

Pineapple Tepache

Ingredients

- 4 1/2 cups water (spring, filtered, or boiled and cooled)
- 1/2 cup light brown sugar
- 1 ripe fresh pineapple (peel/ core)
- 1 cinnamon stick

Wash pineapple in running water, don't use vegetable cleaner, vinegar, or soap. Peel pineapple and remove core. The fruit used as desired, for this recipe the waste skin and core is used. Place in a large jar/ pot/ bowl along with cinnamon stick. Mix sugar into the water, stir to dissolve then add to pineapple peel/ core. Cover with cheese cloth or other breathable material, secure with elastic band or string. Fermentation should be evident in 1-2 days, depending on temperature, ripeness of pineapple, it could take anywhere up to a week to be ready to drink. Strain, bottle if desired, and refrigerate. Peel can be reused for a second batch.