



The Perfect Culture

chop or slice VEGGIES

Beets
Cucumbers
Beans
Carrots
Cabbage
Any veggie or fruit...

add to cover LIQUID BRINE

1 Tablespoon salt
2 cups water
Optional:
2 Tablespoons liquid
from prior culture
OR starter

plus flavors HERBS - SPICES

Ginger
Dill
Garlic
Cloves
whatever you imagine...

give a warm place 2-6 DAYS

Cleaned quart canning jars
Any warm place
Not in direct sun
On top of the fridge
Inside the oven with light on
Be patient

Start, continue, or finish your day with cleansing, immune-boosting, antioxidant, energizing, foods...

Culture is worth the wait!

During the fermentation process, bacteria both enrich and preserve the food.

When you eat fermented food you...

- ◇ save the body time digesting
- ◇ make nutrients more readily absorbable
- ◇ promote detoxification
- ◇ give your body proper nutrition from every bite

Check out probiotic foods recipes & info at
www.OurNutritionKitchen.com



Cultured Food Gives Life!

Directions:

prep veggies (wash, peel, slice, chop, grate... squeeze cabbage to remove extra moisture...) Pack tightly into a quart jars.

Mix any salt with enough water to dissolve. Pour over veggies in quart jars. Add «starter juice» from a previous batch or omit.

Add water to within an inch of the top (no more). Tighten the lid on the jar and mix, then loosen the lid (or use an airlock lid).

Let sit in a warm place 2-6 days.

What is warm? 70-74 degrees but NOT in the sun.

How long?

Until it tastes right; 2-6 days. Cooler places will take longer, warmer air temperatures culture quickly.

Then... put in the fridge. All cultures get better with age.

What else?

Fruit is finicky and quickly becomes “over-done”; veggies are easier if this is your first time.

Ginger Beets & Beet Kvass

8 medium beets (trimmed, peeled and thin-sliced in 1/8-inch rounds or chopped)

1 1-inch knob ginger (peeled and cut into very thin matchsticks or mince)

1 Tablespoon of orange zest

1 Tablespoon whole cloves

2 Tablespoons whey or juice from a prior ferment, or

1 packet vegetable starter culture (alternately use 2 Tablespoons of sea salt to make a brine — allow more time)

Add beets to salads or use as a condiment; drink the Kvass

Cultured Beet & Cabbage Slaw

2 Cups Gingered Beets (above) grated (save the Kvass)

1 head Napa cabbage very thinly sliced

1- red onion, thinly sliced

6 tablespoons olive oil

3-1/2 tablespoons balsamic vinegar

1 teaspoon dried white horseradish

1 teaspoon sea salt

Toss the veggies in a salad bowl. Mix the olive oil, balsamic vinegar, horseradish and sea salt. Pour dressing over, toss again and serve.

Kraut & Carrots

2 medium-sized heads of cabbage, cored and shredded

4 carrots peeled and grated

5 cloves garlic, crushed and chopped

1 Tablespoon Sea salt

(optional) 1 Tablespoon of “starter” — juice from your last batch

Tapenade: in a one-quart canning jar combine

1 cup cauliflower florets

1 cup diced carrots

½ red bell pepper seeded and sliced

1 celery stalk, chopped

3 cloves of garlic, peeled and crushed

1 teaspoon Sea salt

1 teaspoon turmeric

1 teaspoon mustard seeds

1 teaspoon dill weed

water to cover

Culture 4-5 days, blend in these ingredients and allow to “ripen” in the fridge another week. The flavors will blend nicely with age, but taste great at any time.

Olive Tapanade: blend in using a food processor:

1 cup pitted black olives, preferably niçoise or kalamata

¼ cup yellow banana pepper, seeded and sliced

2 Tablespoons extra-virgin olive oil

Artichoke Tapanade: blend in using a food processor:

2 x 8 oz jars of artichoke hearts, drained

2 Tablespoons extra-virgin olive oil (or oil from artichoke hearts)

Tomato Tapanade: blend in using a food processor:

1 cup sundried tomatoes, drained or dried

2 Tablespoons extra-virgin olive oil (or basil-spiced oil from sundried tomatoes)

See www.OurNutritionKitchen.com for more ideas

