

The Essentialist

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Lacto-Fermentation Recipes: Vegetable Condiments & Beverage Tonics

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Pickles, Catsup & Chutney

These recipes call for liquid **whey**, which jump-starts the fermentation process by providing lacto-bacteria. It is obtained by allowing yogurt, buttermilk or kefir to drain through a fine sieve, or from cheesemaking. If you don't have whey, use more salt.

Bread & Butter Pickles

adapted from 'Nourishing Traditions' (1)

The grape/cherry leaf (optional) helps keep the cucumbers crispy, and to keep molds at bay. Choose pickling cucumbers if you can find them. Young salad cucs can be substituted, but the pickles will not be as crisp. This recipe is surprisingly easy and yields a product with wonderful taste--an excellent digestive-- in 2 days! Makes 2 quarts.

Fresh grape or cherry leaves (optional)	7 cups thinly sliced pickling cucumbers
1 cup thinly-sliced sweet onion	1 cup freshly squeezed lemon juice
1/3 cup liquid whey (see note above)	1 cup honey or maple syrup
3 Tbsp unrefined sea salt	2 tsp ground turmeric
1 -2 Tbsp whole celery seeds	1 Tbsp yellow mustard seeds
(or 2 - 3 Tbsp whole pickling spice instead of celery and mustard seeds)	

1. Put a leaf into bottom of each jar so that it lies flat (cut large grape leaf if necessary).
2. Mix cucs with onion in large bowl. Transfer to jars and press down lightly with a pounder or meat hammer.
3. Combine remaining ingredients and pour over cucumbers, adding more filtered water if necessary to cover. Keep top of the liquid 1" below top of jars. Cover tightly; keep at room temperature for about 2 days. Transfer to fridge or other cold storage.

Catsup (Real Ketchup)

adapted from 'Nourishing Traditions' (1)

You never knew ketchup (catsup) could taste so good! I make my own tomato paste because all canned tomato products are contaminated with BPA from the can's lining, and some are also contaminated with lead. Recipe makes 1 quart or 2 pints.

3 cups tomato paste	1/4 cup liquid whey (see note above)
1 Tbsp unrefined sea salt	1/2 cup maple syrup (grade B)
1/4 tsp cayenne pepper	3 cloves garlic, peeled and mashed
1/2 cup fish sauce (commercial or homemade)	

Mix all ingredients in blender. Place in wide-mouth jar(s). The top of the catsup should be at least 1" below the top of the jar. Leave at room temperature about 2 days before transferring to fridge or other cold storage.

Fruit Chutney

adapted from 'Nourishing Traditions' (1)

You can use any combination of fruits or just one type. Makes 1 quart.

3 cups fresh peaches, pears, apples, mango or papaya	
1/2 chopped pecans	1/2 cup filtered water
2 lemons	2 Tbsp sugar (dried sugar cane juice)
2 tsp unrefined sea salt	1/4 cup liquid whey (see note above)
1/2 cup dark raisins	1 tsp ground cumin
1/2 tsp red pepper flakes	1/2 tsp dried green peppercorns, crushed
1/2 tsp fennel seeds	1 tsp coriander seeds

1. Soak nuts overnight in salty water (1 tsp salt per cup water), then drained, and arranged on a baking sheet and dried 12-24 hours in a warm oven (150° F or less) turning occasionally, until completely dry & crisp. Remove from oven, then chop.
2. Grate rind of lemons, and squeeze the juice. Mix both with water, sugar, salt and whey. Peel & cut up fruit, adding to lemon juice mixture with nuts and remaining ingredients. Mix well; place in wide-mouth mason jar(s). Press down lightly with pounder, adding more water if necessary to cover the fruit. The mixture should be at least 1" below the top of the jar. Cover tightly and keep at room temperature for 2 days before transferring to fridge. This should be eaten within 2 months.

Tonics: Kvass & Rejuvelac

Beet Kvass

adapted from 'Nourishing Traditions' (1)

Beet kvass is valuable for its medicinal qualities and as a digestive aid. One 4-oz glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver, and is a good treatment for kidney stones and other ailments. It may also be used in place of vinegar in salad dressings and as an addition to soups. Makes 2 quarts.

3 medium or 2 large Organic beets ¼ cup whey (see note above)
1 Tbsp unrefined sea salt filtered water

1. Place beets, whey and salt in 2-quart glass container. Do not use grated beets - they exude too much juice which ferments too fast, favoring production of alcohol over lactic acid. Add filtered water to fill container. Stir well and cover securely. Keep at room temp for 2 days before transferring to fridge.
2. When most of liquid has been drunk, you may re-fill container with water & keep at room temp another 2 days. Resulting brew will be slightly less strong than the first.
3. After the 2nd brew, discard beets (to compost) and start again. You may, however, reserve some of the liquid and use this as your inoculant instead of the whey.

Kvass

adapted from 'Nourishing Traditions' (1)

4-5 slices whole grain sourdough bread 2 quarts filtered water
¼ cup whey* 2 tsp unrefined sea salt
½ cup raisins 2 apples, peeled and quartered

1. Place bread in a warm oven until dried out. Place in large bowl.
2. Bring water to a boil and pour over bread. Let cool before adding salt and whey. Cover with a cloth and leave at room temperature for 2-3 days. Remove bread and strain into a 2-quart container. Add raisins and apples, cover tightly and store in refrigerator for about 1 month before drinking. Kvass is ready when the fruit floats - a sign that sufficient lactic acid has been produced.

* Whey is obtained by allowing yogurt, buttermilk or kefir to drain through a fine sieve, or from cheesemaking. It is rich in probiotics which jump start the fermentation process. If you don't have whey, use more salt.

Rejuvelac

adapted from 'Nourishing Traditions' (1)

“This tonic was popularized by Ann Wigmore, the first of American practical nutritionists to recognize the importance of enzymes and lacto-fermented food in the diet. Rejuvelac should be yellowish, cloudy and tart, without being too sour, and slightly carbonated.” (1)

2 cups Organic soft spring wheat berries 2-quart wide-mouthed glass jar
Filtered water cheesecloth, muslin or sprouting screen

1. **Rinse** wheat berries in water to remove dust and debris.
2. **Sprout:** Soak grain in filtered water overnight at room temperature for 8-10 hours, covered with muslin, cheesecloth or a sprouting screen; drain through the cover, rinse and drain again. Place jar at an angle to drain, allowing the wheat to sprout for 1-3 days or until the roots are 1/4 inch long. Rinse 2-3 times per day.
3. **Make Rejuvelac:** Rinse sprouts thoroughly, and fill the jar (of sprouts) with pure water. Soak (ferment) 48 hours (2 days).
4. **Enjoy:** Decant the liquid rejuvelac (reserve the sprouts) into a glass container. for storage in the fridge, up to 1 week. When serving, spoon-off any white foam that may form on the top.
5. **Reuse:** These same wheat berries should be used a second and third time, by filling the jar of berries with water and soaking for another 24 hours.

See also: [The EssentialList: Lacto-Fermentation Recipes, from Jeanette Cheney](#) for another version of this beverage .

References & For More Information

References

1. “*Nourishing Traditions*” by Sally Fallon & Mary G. Enig, PhD.

Related ESP printable pdf files

- [The EssentialList: Lacto-Fermentation Recipes, from Jeanette Cheney](http://essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-Recipes-JCheney_EsL.pdf)
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