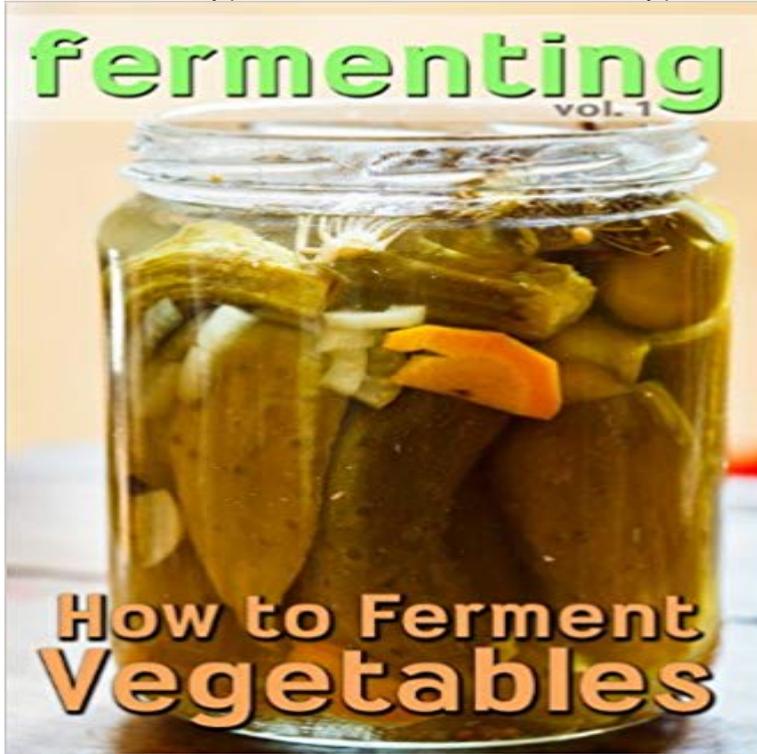


Fermenting: How to Ferment Vegetables



Fermenting is a food preservation technique that takes healthy vegetables and makes them even healthier! There's no doubt about it. Vegetables are good for you. They're packed full of vitamins, minerals and all sorts of other nutrients the body needs to thrive. Fermented vegetables are even better because they're packed full of probiotic cultures that give your immune system a boost and help your body process and absorb nutrients from the foods you eat. This book discusses fermented vegetables in-depth and includes a number of recipes including the following: Six different sauerkraut recipe. Cultured coleslaw. Kale slaw. Horseradish. Cultured beets. Beet kvass. Pickled jalapenos (just like the ones you use on nachos, only healthier!). Kohlrabi. Dilly carrots. Fermented pickles. Zucchini pickles. Cultured olives. Probiotic garlic. Cultured salsa. Fermented ketchup. and more. This book includes a handy FAQ that covers many of the questions you might have while fermenting foods, including what to do when you encounter moldy vegetables, why your vegetables are covered in foam and what to do when there's white yeast growing near the surface of the brine. Buy this book now and get started fermenting vegetables today.

- 23 min - Uploaded by Montreal Healthy Girl Everything you need to know about fermenting your own veggies, making delicious brine Fermented vegetables are all the rage, but the truth is many of us have been enjoying them for years and centuries for so many awesome reasons. Make your own healthy, fermented pickled vegetables with a few minutes preparation and 5 days time using these steps and one easy tool. Those countries with histories deeper than our own also traditionally fermented vegetables with simply salt, water and spices knowing that the lactic acid bacteria are what makes them so healthy. HOW TO FERMENT VEGETABLES. Prepare the Vegetables for Fermenting. Decide If You Will Use Salt, Whey, or a Starter Culture. Use Water to Prepare the Brine. Weigh the Vegetables Down Under the Brine. Move the Fermented Vegetables to Cold Storage. Troubleshooting. Cultured fermented vegetables are so wonderful for gut health and immunity, and are so easy to make. This basic recipe is zesty and delicious. To the uninitiated, lacto-fermentation often sounds at best confusing and at worst frightening. When I lived in Romania, my family shopped at the local farmers market and ate seasonally. There was really no choice as it was that or starve. Fermented vegetables are superfoods that provide beneficial microbes, counteract inflammation, and control the growth of disease-causing bacteria. Items 1 - 12 of 72 You can learn to make

homemade cultured vegetables, fruit, and condiments with the wide selection of expert advice articles, how-to videos, and recipes from our Cultures for Health team and other Real Food pros. Lacto-fermentation is a method of food preservation that also Fermenting: How to Ferment Vegetables - Kindle edition by Rashelle Johnson. Download it once and read it on your Kindle device, PC, phones or tablets. Stir the salt and water together until dissolved. Pour the salt water over the vegetables until it reaches just below the top of the jar. There should be about 1/2 inch of room left. Fold a small cabbage leaf and press it down on top of the vegetables so that it keeps the vegetables submerged in the salt water. Fermenting vegetables? Learn the answer to one of the biggest questions people have: How do I know when my fermented vegetables are done? How much salt should you add to vegetables for fermentation? Can you adjust the amount called for in recipes? Find out more here! A simple how-to on making your own fermented vegetables, including a video to show you how easy it really is. Benefits of Fermentation + How to Ferment Foods .. It is important to keep the fermented vegetables under the brine to prevent spoilage. 5. It really makes the best fermented veggies. Trust me. Its simple, too. Just make my homemade cream cheese. It produces whey on the side, Here are simple steps on how to make fermented vegetables, and ways on how you can customize the recipe to include the ingredients that you like.