

*This recipe is intended to be scaled for larger amounts. If you have more jars and weights it's very easy to create several jars full of sauerkraut at once.**

INGREDIENTS

A large jar (*2 pints, 1/4th of a gallon, or ~1 litre*)

- A weight (you can purchase a fermentation weight or boil a flat stone that fits inside the jar for 20 minutes to sterilise)

500g- ½ Cabbage (any type/colour)

10g- Salt

- 500mL distilled water (or boiled, then cooled, water)

- Seasoning of your choice (e.g. black peppercorns, cloves, juniper berries, bay leaves)

Sauerkraut

DIRECTIONS

1. Gently wash the cabbage with water (no soap or sterilising agents). Peel away the top leaves from the cabbage and set these aside to create a natural 'lid' for your kraut.
2. Shred or slice the cabbage into strips. Thinner slices produce softer sauerkraut and ferment faster. Thicker slices leave more crunch. It's your preference.
3. Mix 500g cabbage with 10g salt in a mixing bowl. Feel free to use your hands to massage the cabbage with the salt, then leave it to soak for around 20 minutes. This will draw out the water from the cabbage. You'll be surprised by how much water is hiding in there!
4. When the cabbage is soft and soggy, transfer it to your jar and use your fist or a wooden spoon to pack it in. Fill the jar to around 1/2 - 2/3rds.

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*The time needed to prepare:
Minimum 10 days, ideally 3 weeks!*

Fermenting foods at home
(ZOE project recipe)

Sauerkraut

DIRECTIONS CONTINUED

5. Place your fermentation weight on top of the salty cabbage or ensure you've pushed down hard into the jar to pack it tightly, add the cabbage water from the bowl (only add more water if needed to cover the top of the cabbage) so that everything is submerged. Leave at least 3 cm of air space at the top because sauerkraut expands... and we don't want any explosions. Then place one of the cabbage leaves you peeled off earlier on top as a 'natural lid'.

6. Sauerkraut produces gas, particularly in the first week, so either loosely fit the lid to the jar or open it once daily (just for a second) to let the pressure release. This is called 'burping' the kraut. But, as air introduces new microbes, avoid leaving your jar open too long.

7. Cover the jar with a lid and store it in a cool, dark place (ideal temperatures are 15-22C).

8. You'll start to notice a lot of bubbles forming in the first 2-3 days, and sometimes, a thin white layer covers the water. This is called Kalm yeast. It's perfectly safe to eat, or you can skim it off if you'd prefer. If, however, there's a fuzzy-looking substance that is **blue, green, black, or brown**, that's probably mould and means the batch needs to be thrown away.**

9. Start taste testing your kraut after 10 days (to ensure the fermentation process has taken place). As soon as it tastes to your liking, it's ready to go. Much like wine, it gets better with age.

10. Once you've started eating it, store your jar in the fridge.



**A kombucha SCOBY is a Symbiotic Culture of Bacteria and Yeast, which is used to ferment kombucha tea. Find out if any of your friends have a SCOBY you can use, or purchase one online.*

INGREDIENTS

1 SCOBY

- Starter liquid *(~200-400ml of already-made kombucha, this can be shop-bought or homemade, but it needs to be raw, unflavoured kombucha with live microbes)*

- A large glass jar (8 pints, 1 gallon or ~4 litres)

- A thin cloth cover (like muslin or cheesecloth)

- Large rubber band

- 4-8 tea bags - Black tea is preferred, but you can mix in a few green if you like (no Earl Grey!)

Kombucha

DIRECTIONS

1. Boil 4 litres of water, add 4-8 tea bags, and stir in 200g of sugar until it dissolves.
2. Let the tea cool to room temperature.
3. Place the SCOBY in the jar and pour the starter liquid over it.
4. Then, pour the cooled tea into the jar. Make sure to leave room for a new SCOBY to form on the surface.
5. Cover the jar with a cloth and secure it with a rubber band.
6. Place the jar in a warm, dark place and let it ferment for 7-10 days. You will see a thin SCOBY form at the surface unless the mother SCOBY rises to the top.
7. Taste the kombucha and bottle it if it's to your liking.

Additional tips below



She's Got Guts®

This will make ~3780 ml, so ~22 servings of 170 ml.

Fermenting foods at home

(ZOE project recipe)

Kombucha

DIRECTIONS CONTINUED

- *You can also use pH strips to test the acid levels. The ideal pH for kombucha is 3.0-3.5. As it ferments, the microbes convert the sugar into healthy acids.

When the kombucha is tart and not too sweet (not yet vinegar) it is ready to consume. You can drink it as is.*

- *If you like your kombucha fizzy, you can pour it through a funnel into a flip-top bottle. Leave a little room at the top for it to expand, and burp it once a day. You'll notice bubbles after 1-3 days.*

- *Additionally, you can flavour it if you like. Strawberries and basil leaves make a great flavour combination, as do blueberries and mint leaves. Simply add whichever fruits or spices inside your flip-top bottle, then pour kombucha over the top. This is called a second ferment and typically takes 1-3 days. You'll find the flavours meld and get better each day.*

When it's ready, you can bottle it and store it in the fridge. No need to burp it once it's refrigerated.

- **PRO TIP:** *If you're going to second ferment for a couple of days in the flip-top bottle, you'll need to start the process when the first ferment kombucha is still a bit sweet (with a higher pH). That's because it will be producing acid for more days overall before it's finished.*

- *Make sure to save 500mL raw kombucha and your new SCOBY. You will use these to start your next batch of kombucha, which you can do immediately if you like.*



Kimchi is surprisingly easy to make and makes a great addition to rice dishes or a cheese sandwich.

By Justine Pattison, BBC food website

Kimchi

INGREDIENTS

- 1 large Chinese leaf cabbage (700g/1lb 9oz), washed, quartered and cut into 3–4cm/1¼–1½in-wide slices
- 50g/1¾oz fine Sea salt
- 4–6 Garlic cloves (20g/¾oz), peeled
- 20g/¾oz fresh root ginger, peeled and thickly sliced
- 20g/¾oz gochujang (Korean chilli flakes)
- 150g/5½oz mooli (Chinese radish), peeled and cut into 3mm-wide strips that are around 5cm/2in long
- 5 spring onions, cut into 3mm-wide strips that are around 5cm/2in long
- 100g/3½oz (approximately 1 medium) carrot, peeled and cut into 3mm-wide strips that are around 5cm/2in long



Directions below

DIRECTIONS

Kimchi

1. Wash your equipment thoroughly in warm soapy water, then rinse well under very hot water and leave to air dry.
2. Put the cabbage in the clean mixing bowl and separate using your fingers. Arrange in layers, with a little salt sprinkled between each layer. Cover the bowl with a plate and leave to stand for 2–3 hours. The cabbage will soften and become limp, and should be sitting in a pool of water when you return to it. It will have reduced in volume by about a third.
3. Drain the salted cabbage in the clean colander, then return to the bowl. Cover with cold filtered water and swirl the cabbage around, then set aside to soak for 10 minutes. Drain in the colander and return to the bowl. The cabbage should taste slightly salty.
4. In a blender or pestle and mortar, grind the garlic, ginger and chilli flakes to a paste.
5. Add the mooli, spring onion and carrot to the cabbage and tip in the chilli paste. Wearing disposable, or clean, new, rubber gloves (to protect your hands from the chilli) thoroughly massage the paste into the vegetables. You can do this with a spoon, but it is less effective.
6. Spoon the cabbage mixture into the clean jar until it comes up to just under the top of the jar. There is no need to pack it too tightly but you don't want too much air to reach the surface of the vegetables. Cover with the lid and fasten securely.
7. Leave in a cool, dark place at room temperature (around 18–20C) for 2–3 days. If your room is warmer, the kimchi will ferment more quickly. Taste the kimchi. If it tastes spicy, sour and slightly cheesy with a good umami flavour, it can be transferred to the fridge to slow down the fermentation process.
8. In particularly warm weather, you may see small bubbles appearing in the kimchi, which shows the vegetables are creating the lactic acid needed to preserve them. Even in the fridge, you may need to 'burp' the container to release the gas after a few days.
9. You can begin to eat your kimchi right away, but it will continue to ripen and become more fully flavoured the longer it is fermented. You'll get to know which degree of flavour you prefer. If you are dipping in regularly, you may inadvertently introduce other bacteria to the jar, so it's best consumed within a week or two.