

Fermented Foods & Recipes

Lactic acid fermentation is a food prep method for enhancing taste, improving nutrient value, and preserving the life of food through cultivation of beneficial bacteria. These beneficial bacteria are known as probiotics.

The collection of these diverse bacteria in our bodies is known as our microbiome.

Benefits of Fermented Foods

1. They fortify the friendly bacteria in the digestive system to balance our microbiome and improve immune system function. The bacteria in our intestines exist in complex communities that aid in digestion and synthesize essential nutrients.
2. They contain lactic acid which helps destroy harmful bacteria.
3. They are loaded with enzymes, which are needed by every cell in the body and help us absorb the nutrients in our foods.
4. They are high in B vitamins, which convert our food into fuel and keep our bodies energized.
5. They are predigested by microorganisms. Minerals become more available for our bodies to absorb, and dense, compound nutrients that can be difficult for our bodies to break down become easier to digest.

FERMENTED RECIPES

QUINOA REJUVELAC

INGREDIENTS & EQUIPMENT:

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|---|-------------------------|
| 1 C quinoa | 1 gallon filtered water |
| 1 gallon glass jar with “breathable” covering | 1 reusable mesh bag |

1. Place quinoa into mesh bag. Rinse thoroughly until water is clear (water may look soapy at first).
2. Soak quinoa in filtered water 30 minutes – 1 hour. Discard soak water and rinse bag of soaked quinoa thoroughly.
3. Place bag of soaked quinoa in jar and fill with filtered water; ensure all soaked quinoa is completely submerged to prevent mold growth.
4. Cover with a dish towel or other “breathable” covering.
5. Ferment at room temperature for 48 hours; “Stirring” twice daily. Ensure quinoa stays completely submerged.
6. After 48 hours, remove bag from jar, seal jar with lid and store in refrigerator.

7. Store for up to one week in the refrigerator.

BASIC SAUERKRAUT RECIPE

INGREDIENTS & EQUIPMENT:

2 heads cabbage

Large sharp knife & cutting board

Fermenting jar with lid & weights

OPTIONAL:

2 T seaweed (dulse, kelp)

1 T caraway

2 cloves garlic

1 T dried dill

Shredded carrots, onion, celery

METHOD:

1. Wash cabbage.
2. Remove and save outer leaves to cover sauerkraut during fermentation.
3. Chop the cabbage finely, place in large mixing bowl and add optional ingredients. Massage for several minutes.
4. Pack firmly into fermenting container squeezing out all air.
5. Cover with outer cabbage leaves, top with weight, attach lid.
6. Ferment at room temperature for 4 days.
7. Uncover and scrape off top layer of any oxidized cabbage.
8. Pour off liquid and save to drink or use for salad dressings.
9. Transfer sauerkraut to tightly sealed glass container and refrigerate.
10. Store for up to 3 weeks.

SEED CHEESE

INGREDIENTS & EQUIPMENT:

3 C seeds (we recommend half pumpkin, half sesame)

3½ C Rejuvelac (or make with water for un-fermented version)

Reusable mesh bag

Vita-Mix blender

Pitcher and spatula

METHOD:

1. Soak seeds overnight; drain and rinse.
2. Place seeds and liquid into Vita-Mix.
3. Blend for 1 minute on high setting.
4. Suspend empty mesh bag over pitcher. Pour mixture into mesh bag, tie strings of bag around spatula, and suspend spatula across top of pitcher to allow bag to hang inside pitcher.
5. Place into refrigerator and let hang/drain overnight.

6. Transfer seed cheese to tightly sealed glass container and keep refrigerated, store for up to one week.

ESSENE CRACKERS

INGREDIENTS AND EQUIPMENT:

2 C sprouted quinoa (leftover from making rejuvelac)
1 ½ C fresh (or fermented) salsa
2 T ground chia or ground flax
Vitamix blender
Dehydrator with teflex tray covers

METHOD:

1. Add all ingredients to vitamix and blend thoroughly until smooth.
2. Spoon 1 T size dollops onto dehydrator trays and flatten.
3. Dehydrate at 105 degrees for 24 hours or until crisp.
4. Store crackers in air tight sealed container for up to one month.

ADDITIONAL RECIPES

FRESH SALSA (with option to ferment)

INGREDIENTS & EQUIPMENT:

3 medium tomatoes
¼ white onion
½ bunch cilantro
Optional: 1 T raw apple cider vinegar to ferment

METHOD:

1. Add all ingredients to vitamix and blend well.
2. To ferment, be sure to include apple cider vinegar to mix and transfer to fermenting container. Ferment at room temperature for two days.
3. Store for up to one week in refrigerator.

KRAUT CHEE

INGREDIENTS & EQUIPMENT:

2 heads cabbage	½ t cayenne
1 red bell pepper	1 t kelp or dulse
2 cloves garlic	1 T ground caraway
1 inch fresh ginger	2 jalapenos, deseeded
Large sharp knife & cutting board	
Fermenting jar with lid & weights	

METHOD:

1. Wash cabbage.
2. Remove and save outer leaves to cover sauerkraut during fermentation.
3. Chop the cabbage finely, place in large mixing bowl. Blend all remaining ingredients, and then pour blended mixture over cabbage. Massage for several minutes.
4. Pack firmly into fermenting container squeezing out all air.
5. Cover with outer cabbage leaves, top with weight, attach lid.
6. Ferment at room temperature for 4 days.
7. Uncover and scrape off top layer of any oxidized cabbage.
8. Strain off excess liquid and transfer sauerkraut to tightly sealed glass container and refrigerate.
9. Store for up to two weeks in refrigerator.

SPICY GODDESS DRESSING

INGREDIENTS & EQUIPMENT:

1 C sesame seeds
1 C water
2 yellow bell peppers
2 cloves of garlic
1/2 C sauerkraut juice
1/2 bunch cilantro
1 tsp. fresh chopped ginger
1/4 cup fresh squeezed lemon juice

METHOD:

1. Process all ingredients till smooth.
2. Store in airtight sealed container in refrigerator for up to one week.