The Lacto Fermentation Guide
FERMENTING RECIPES

The Best Fermenting Recipes to Get You Started

Lacto Fermentation Tips And Tricks
LATEST PROBIOTIC & GUT HEALTH NEWS

NOURISHED ESSENTIALS
Sauerkraut

SHOPPING LIST

- 1 medium head of cabbage
- 1 tablespoons of salt or 1.5 if cabbage is larger
- Half gallon mason jars are recommended

DIRECTIONS

1. Chop or shred the cabbage depending on the desired consistency of the final product.
2. Sprinkle with salt.
3. Work the cabbage with your hands, potato masher or kraut pounder until there is plenty of liquid and the cabbage is a bit mushy. This portion of the process usually takes about 10 minutes.
4. Stuff the cabbage into the half gallon mason jars, pressing the cabbage underneath the liquid. (If necessary, add a bit of water to ensure sufficient liquid.) Ensure all of the cabbage is submerged under the liquid.
5. Be sure to not overfill the mason jar. Leave at least 4 inches from the top of the mason jar to account for expansion
6. Twist on the Easy Fermenter Lid and allow the sauerkraut to culture for 15 to 30 days at room temperature. A longer fermentation period can be used if desired.
7. Once the sauerkraut is finished, move to cold storage. Many people find that aging the sauerkraut in the refrigerator or root cellar for 4 to 6 weeks improves the flavor.
**Dilly Beans**

**SHOPPING LIST**

- 1 pound of green beans (trimmed)
- 1 tablespoon of red pepper flake (adjust as per taste)
- 4 cloves of garlic, peeled and smashed
- 1 teaspoon of black peppercorns
- 2 large handfuls of dill (flowering heads are preferred, but leaves will also work)
- Water and salt for brine

**DIRECTIONS**

1. Make a brine by heating filtered water and salt with a ration of 2 to 3 tablespoons of salt for every 1 quart of water. Set it aside and cool.
2. Place the red pepper flakes, garlic gloves, peppercorns and dill in your wide mouth mason jar.
3. Place the green beans on top of the seasonings, straight up if they are long and thin or sideways if they are thicker and need to be cut into chucks.
4. Pour your brine into the jar and make sure that the beans are completely covered.
5. Seal with the Easy Fermenter lid and allow to ferment for 3-7 days at a temperature between 60 and 80F degrees.
6. Ferment to desired taste and transfer to cold storage.
Citrus Maple Gingered Carrots

SHOPPING LIST

- 1 (16-oz.) bag baby carrots
- 1 tablespoon orange zest
- 1 teaspoon lime zest
- 1 teaspoon lemon zest
- 2 teaspoons grated gingerroot
- 1 teaspoon ground cinnamon
- 3 tablespoons maple syrup
- 2 tablespoons salt
- 1 cup purified water

DIRECTIONS

1. Prepare brine by heating filtered water, add mixing salt until dissolved. Set aside and let cool.
2. Place carrots in a large mason jar.
3. Combine orange, lime, and lemon zest with ginger, cinnamon, maple syrup, salt and water.
4. Add brine to cover carrots, leaving 1-inch between the liquid and top of the jar. Seal tightly with your Easy Fermenter lid.
5. Store at room temperature for 5-7 days, until carrots reach desired flavor.
6. Then seal tightly, refrigerate, chill, and enjoy!
Carrot Sticks With Southern Twist

**SHOPPING LIST**

- 1 to 1-1/2 pounds of carrots (peeled and cut into sticks)
- 1 tablespoon of sea salt
- 3 cloves of garlic peeled and crushed
- Two handfuls of fresh cilantro leaves
- 1/2 teaspoon of cumin seeds

**DIRECTIONS**

1. Prepare the brine by combining the salt into the heated water. Set aside to cool.
2. Place the garlic cloves, cumin seeds and the cilantro in the bottom of the mason jar.
3. Place the carrot sticks on top so that they all fit vertically.
4. Pour brine over the carrot sticks leaving about 2 inches of headroom from the top of the jar.
5. Tighten the jar with the Easy Fermenter lid and place at room temperature for about 7 to 18 days.
6. Once the vegetables are tasting to your liking transfer to cold storage.
When you ferment this delicious cherry tomatoes you will notice that they will fizz like many fermented foods. When you pop one of these cherries in your mouth you will experience some fizzy pop. You Have to try it.

**SHOPPING LIST**

- Cherry Tomatoes to fill a quart mason jar
- 2 tablespoons of whey or used brine from a previous ferment
- 1 tablespoon of sea salt
- Filtered water

**DIRECTIONS**

1. Fill your quart jar with washed cherry tomatoes leaving 3 inches from the rim.
2. Add whey/brine and salt then pour water and ensure that all of the tomatoes are covered, leaving at least 2 inches from the top of the rim.
3. Allow to ferment for 3 to 4 days
4. Transfer to cold storage when complete
5. If you want to keep the fizzy popping your tomatoes make sure you remove the Easy Fermenter lid and replace with a conventional non breathable mason lid.
Yummy Kimchi

VEGETABLES

SHOPPING LIST

- 4 cups shredded cabbage (Napa, Chinese, or regular cabbage)
- 1 cup grated carrots
- 1/2 cup minced red onion
- 1/4 cup sliced green onions
- 2 cloves garlic, pressed
- 1 teaspoon grated ginger root
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons lemon juice
- 1 tablespoon sea salt

DIRECTIONS

1. In a large bowl, combine cabbage, carrots, red onion, green onion, garlic, ginger, and red pepper flakes and stir ingredients together.
2. Add lemon juice and salt and mash ingredients. Then cover with a towel and allow to set for 30 minutes.
3. Once the mixture has started to be broken down by the salt transfer the ingredients to your wide mouth mason jar.
4. Begin to try and extract as much liquid from the mixture as possible by pounding the mixture inside the jar.
5. If there is not enough liquid within the jar, just add some brine to ensure that the vegetables are covered.
6. Like sauerkraut, fermenting time with kimchi will depend a lot on taste preference and how much salt is added relative to your veggies, but we recommend at least 10 but can be as much as 30.
Simple Lacto-Fermented Peppers

SHOPPING LIST

- Sweet peppers
- 1 tablespoon of cumin
- Peeled garlic cloves
- 1 sliced onion
- 1/2 cup of parsley
- Sea salt
- Filtered water

DIRECTIONS

1. Make a brine by combining salt in warm water with a ratio of 3 tablespoons salt to 1 quart filtered water
2. Place seasoning at the bottom of your mason jar and place 1/2 to 1 inches peppers on top
3. Pour brine over peppers and seasoning until covered and ensure that brine covers vegetables, leaving at least 2 inches from the top
4. Place Easy Fermenter lid and ferment at room temperature 65 to 80F for 5-10 days
5. Transferred to cold storage once peppers have achieved desired taste. They should keep for several months.
Mouth Watering Kosher Pickles

SHOPPING LIST

- Pickling cucumbers to fill a half gallon jar
- 2 large heads of dill
- 4 to 6 tannin containing leaves (grape, oak, or horseradish leaves)
- 6 to 9 cloves of garlic - peeled and crushed
- Spices to your liking - black peppercorns, red pepper flakes, mustard seeds
- 5 tablespoons sea salt

DIRECTIONS

1. Prepare the brine by mixing 2 quarts of filtered warm water with 5 tablespoons of sea salt. Let cool and set aside. If you are using a smaller mason jar, you can half the water and salt amount.
2. In the half gallon wide mouth mason jar, add a couple of the tannin-containing leaves, cloves of garlic, heads of dill and spices.
3. Pack the cucumbers tightly above the spices. If you are going to stack two layers of pickles on top of each other, considering breaking up your spices and dill into two layers, placing the rest at the top of the jar.
4. Pour brine over the pickles, leaving about 2 inches from the top. Place another tannin leave at the top.
5. Tighten your Easy Fermenter lid and store at room temperature for 3 to 7 days.
6. You will know when your pickles have fermented when the brine gets cloudy, bubbly and the pickles have a sourness to them.
7. Warmer fermenting temperature will result in a faster fermentation time, but it is desirable to ferment at a cooler temperature (less than 80°F)
Apple Cider Vinegar Garlic Bites

SHOPPING LIST

- As many garlic cloves as desired
- Apple cider vinegar (preferably organic)

DIRECTIONS

1. Separate and peel all of your garlic. Be sure to not cut or crush any of your garlic when preparing. You want to make sure none of the allicin in the garlic is released when the clove is cut since it provides health benefits.
2. Place garlic in the mason jar and pour apple cider vinegar to cover all of the cloves.
3. Tighten the Easy Fermenter lid and leave at room temperature for 15-25 days.
4. The garlic will turn green over the course of the first several days, don’t worry this is normal. The longer the garlic is left to ferment the more subtle the taste will become. Experiment as to how you like it. It can be tangy yet still mellow and is great on its own or in salads.
Zucchinini Kraut

SHOPPING LIST

- Large Zucchinis
- 2 tablespoons of sea salt
- Quart wide mouth mason jar

DIRECTIONS

1. Grate the zucchinis with a box grater or the grating attachments on a food processor
2. Begin to pack about 1/2 cup into the mason jar, once in the jar sprinkle lightly with salt.
3. Repeat the 1/2 grated zucchini and sea salt until you reach about 2-3 inches from the top.
4. Ensure there is enough liquid extracted from the zucchini to cover all the vegetables. If there is not, just add a little brine.
5. Place Easy Fermenter Lid and allow to ferment for 3-7 days.
Brussel Sprout Kimchi

SHOPPING LIST

- 2 1/2 pounds of brussel sprouts
- 1 medium daikon radish cut into discs
- 1 1/2 tablespoons of diced ginger
- 1 tablespoon of diced garlic
- 1/2 teaspoon crushed red pepper flakes powder
- ½ small onion, coarsely chopped
- 3 tablespoons of salt in 4 cups of water

DIRECTIONS

1. Dissolve salt in warm water to make brine then set aside
2. Remove ends from brussel sprouts and cut in half lengthwise
3. Cut the daikon into discs approximately 1/8" thick. If the daikon is particularly wide, cut in half lengthwise first.
4. Dice ginger, garlic and onions
5. Combine all ingredients in a 2 quart wide mouth mason jar and compact ingredients to extract as much liquid from the vegetables.
6. Fill remaining jar with the brine until all of the veggies are covered.
7. Place Easy Fermenter Lid and allow to ferment for 15-22 days.
Fermented
Turnip Beets

Beets can be a tricky vegetable to ferment due to its relatively high sugar content that converts to alcohol pretty easily. To make sure this doesn’t happen you can combine beets with other veggies such as cabbage or turnips.

**VEGETABLES**

- 3-4 medium sized beets
- 2 medium sized turnips
- 2-3 tablespoons of salt per quart of water
- 2 teaspoons of Caraway seeds (if desired)

**DIRECTIONS**

1. Prepare turnip and beets by slicing very thinly. Use a food processor or mandolin slicer if you have one.
2. Put the turnips and beets in your mason jar so that the they are alternating layers. 2” of beets 1.5” of turnips.
3. Fill to top and leaving 2” of headspace.
4. Combine salt and water and fill over vegetables, leaving at least 1.5” of headspace.
5. Place Easy Fermenter Lid and allow to ferment for 20-30 days.
Curried Cauliflower

SHOPPING LIST

- 1 head of cauliflower
- 2-3 tablespoons of curry powder
- 4 cloves of garlic peeled and crushed
- 3 tablespoons per 1 quart of water

DIRECTIONS

1. Prepare brine by heating up water, dissolve the salt and let cool to room temperature
2. Put garlic cloves and curry powder at the bottom of the jar
3. Cut cauliflower into small florets and place in the jar
4. Pour the brine over the vegetables until they are covered, leaving at least 2” of headspace from the top
5. Place Easy Fermenter Lid and shake the jar well to dissolve the curry and allow to ferment for 5-7 days to ferment

LEVEL OF DIFFICULTY

LEVEL 1: EASY
**Fermented Salsa**

**SHOPPING LIST**

- 1 medium onion, diced
- 2 large tomatoes, diced
- 1 or 2 jalapenos, diced
- 1 medium green pepper, diced
- 2 cloves of garlic, minced
- handful of fresh cilantro
- lemon and lime juice to taste
- 2 teaspoons of salt or 1 to 2 teaspoons of salt and 1/4 whey

**DIRECTIONS**

1. Mix all of the ingredients together including the salt and or whey
2. Place the salsa in a mason jar container pressing down to release some of the liquid. All of the vegetables should be submerged under the liquid.
3. If required add water to ensure salsa is covered.
4. Place Easy Fermenter Lid and allow to ferment for 2-3 days.
5. Once fermenting is complete transfer to cold storage.
Cortido
Salvadorian Kraut

SHOPPING LIST

• 1 large cabbage (shredded and cored)
• 1 cup of grated carrots
• 1 large onion (finely sliced)
• 2-3 cloves of minced garlic
• 1 tablespoon of dried oregano
• 1/4 to 1/2 teaspoon of red pepper flakes
• 1.5 tablespoons of salt

DIRECTIONS

1. In a large bowl mix all of the ingredients together and let the salt work the cabbage for about 45 minutes.
2. Begin to massage with your hands to further break down the cabbage
3. Stuff the cabbage into two quart mason jars and begin to pound the cabbage with a wooden pounder to release the juices
4. Continue to add the cabbage into the jar while pounding the cabbage until there is about 4” to 5” left from the top. If the cabbage does not sit below the liquid, add water.
5. Note that there will be significant expansion of the cabbage as the fermenting starts, if you do not leave enough room, the cabbage will expand and liquid will come out from valve in the lid
6. Place Easy Fermenter Lid and allow to ferment for 20-30 days.
Beet Kvass

Kvass is a traditional beverage made by fermenting beets. It's very easy to make and is a great probiotic beverage.

SHOPPING LIST

- 2 or 3 beets
- 4 teaspoons of sea salt
- Filtered water

DIRECTIONS

1. Chop beets into 1/2” pieces and place in a half gallon jar.
2. Add salt and fill with water until there is maximum 1 inch room at the top of the jar.
3. Place Easy Fermenter Lid and allow to ferment for 2-3 days. Once complete, transfer to cold storage.
4. You can use the beets to create a second batch, although the batch will be a bit weaker, it will still taste delicious.