

PICKLING

PARTY

LACTO-FERMENTATION

Veg + salt + time

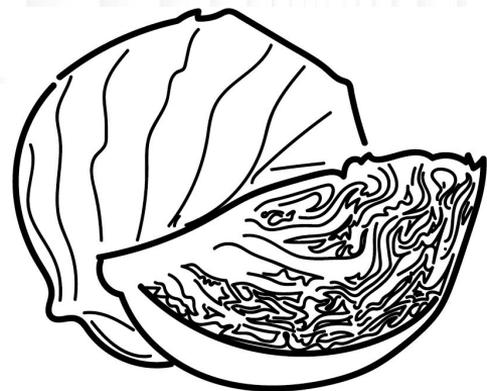
The oldest form of food preservation. The salt lets good, flavour-making microorganisms (lactobacillus) do their work preserving the vegetable whilst inhibiting any that might be harmful. Lactobacillus convert lactose and other sugars in food into lactic acid - giving these pickles their tangy taste.

VINEGAR PICKLES

Veg + vinegar (+ salt, sugar, spices)

The acidic nature of the vinegar does the preserving here.

SAUERKRAUT



BASIC KRAUT

**1 kg vegetables - at least
½ of this any type of
cabbage + other
vegetables of your choice
such as carrots, spring
onions, leeks, radishes,
garlic, beetroots, green
apples**

**1 tbsp salt (though best to
salt to taste)**

**Spices or flavourings of
your choice. Eg. caraway
seeds, nigella seeds,
mustard seeds, black
peppercorns, cumin
seeds, chili flakes, grated
ginger**

Remove the outer leaves of your cabbage and reserve. Scrub vegetables (no need to peel)

Chop or grate vegetables into a bowl.

Salt the vegetables lightly - it's easier to add salt then to take it away! And then squeeze and bruise the vegetables with clean hands until they release moisture

Add the seasonings and taste for salt, you can add more salt here if you'd like

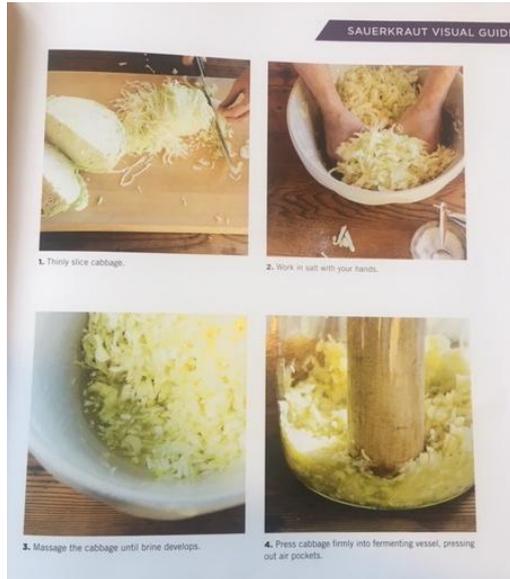
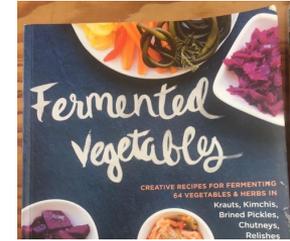
Pack the mixture into your clean jar, pressing down hard so that there are no air bubbles, and so that the liquid rises up to cover the vegetables. Make sure you leave some room at the top of the jar for expansion. Use one of the cabbage's outer leaves to cover the vegetables and make sure they remain under the liquid. You can also place a weight (a sandwich bag filled with water or pebbles works well) on top of the leaf to ensure everything remains submerged. This is important as if the veggies are in contact with air, they will spoil.

Place the lid loosely on the jar or cover with a clean cloth. You'd don't need to seal the jar at this stage as the fermentation process will produce CO₂ gas that needs to be allowed to escape.

Leave the kraut to ferment at room temperature, away from direct sunlight. After a few days you may start to see bubbling - this is good! Taste and see how you like the flavour. The flavour will be more acidic the longer you leave it. You can leave it to ferment for weeks if you like, which will result in a sharper but less crunchy result. When you are happy with the taste, store in the fridge.

BOOK RECOMMENDATION

This book, 'Fermented Vegetables' by Kirsten and Christopher Shockey has some really useful visual guides. For example:



and: THINGS NOT TO WORRY ABOUT:



Foam forming early in the fermentation cycle.



Watch your brine levels. The kraut on the left came out of the brine; the kraut on the right is still safe and tasty.



Remove surface mold with a strainer.



These beets continued to ferment in storage. When the lid was removed, they "climbed" out of the jar as the CO₂ was released. They are safe to eat.

PICKLED ONION



INGREDIENTS

600ml Malt Vinegar

500g Onions, Shallots, Silver skin onions

25g Salt

100g Sugar or Honey

Optional extras;

10 peppercorns

2 tsp mustard seeds

1 tsp coriander seeds

2 bay leaves



METHOD

Put the onions in a large bowl and tip over a kettle of boiling water. Leave for 20 seconds then pour into a colander, return to the bowl and pour over lots of very cold water. The skins should now peel off very easily.

Once peeled, layer in a bowl and sprinkle each layer with salt. (can leave overnight)

Meanwhile pour the vinegar and sugar into a large saucepan with the peppercorns, mustard seeds and bay leaves. Put the lid on the pan, bring to the boil then remove from the heat and set aside to allow the spices to infuse.

Rinse the onions well and pat dry.

Pack the onions into sterilised Jar then use a jug to pour over the vinegar, including the mustard, peppercorns and bay, completely covering the onions. Seal and allow to mature for 6 weeks.

RECIPE SHARE:

CARROT KRAUT

This is a spiced carrot 'kraut'

1 kg carrots, scrubbed and grated

tbsp salt

tsp black mustard seeds

tsp cumin seeds

tsp black onion seeds

pinch red chilli flakes

- In a bowl, rub the salt into the carrots until they start to release some liquid.

- Add the spices and mix. Press all the ingredients into a clean jar and push down until the juices rise over the top of the carrots. Weight down.

- Close the lid and leave to ferment for 7-10 days at room temperature, away from direct sunlight. After five days you will see it start to form small bubbles.

- Make sure the ingredients remain below the liquid. Keep fermenting and taste it daily until it tastes tangy and good, then refrigerate.

PRESERVED LEMONS

A recipe in the 12th-century Egyptian treatise *On Lemon, Its Drinking and Use*, by the Arabic-speaking court physician Ibn Jumay is almost exactly the recipe of today. The recipe calls for:

“slitting the fruit and filling the gashes with salt, then pressing them into a jar, covering with lemon juice and letting them ferment for weeks.”

Use about 1 tbsp salt per lemon, and squish them down in your jar to extract the juice - you want juice covering your lemons so you may need to add some. Leave to ferment at room temp for about 1 month. Once the skin of the lemons feels tender, they are ready. Preserved lemons are great to see you through the winter. You can chop them finely and use them in place of lemon juice or zest in all kinds of recipes

MAANGHI'S EMERGENCY KIMCHI

<https://www.maangchi.com/recipe/yangbaechu-kimchi>

If you would like to try making Kimchi I highly recommend looking through Maangchi's many recipes. Her emergency kimchi is great to start with as it's fast to make and delicious to eat fresh, before fermenting. If you are vegetarian/vegan she recommends substituting fish sauce for soy sauce or a veg broth made using dried seaweed.

1 cabbage, finely sliced
8 cloves garlic, finely
chopped
¼ cup salt
⅓ cup Korean red
pepper flakes
¼ cup Fish sauce
1 tbsp sugar
3 spring onions,
chopped
1 carrot, julienned

In a large bowl, add a cup of cold water and the salt to your cabbage. Mix well with your hands, and leave for 10 mins

Meanwhile combine the garlic, sugar, pepper flakes, fish sauce, spring onions and carrots in a bowl

Give the cabbage a really good rinse in cold water to remove the excess salt

In the large bowl, mix the cabbage with the other ingredients

Pack into a jar or container, pressing down to remove any air bubbles, and to extract moisture from the cabbage. Leave to ferment at room temp till you like the taste, or eat straight away.

CAMILLA'S APPLE CHUTNEY

Ingredients

225g/8oz onions, chopped

900g/2lb apples, cored and chopped

110g/4oz sultanas, raisins or chopped dates

15g/½oz ground coriander

15g/½oz paprika

15g/½oz mixed spice

15g/½oz salt

340g/12oz granulated sugar

425ml/¾ pints malt vinegar

Method

Put all the ingredients into a preserving pan. Slowly bring to the boil until the sugar has dissolved.

Simmer for 1½-2 hours, stirring from time to time to stop the chutney sticking to the pan.

When it is very thick and you can draw a wooden spoon across the base of the pan so that it leaves a channel behind it that does not immediately fill with liquid, the chutney is ready.

Turn into sterilised jars, seal and cool.

Store in a cool, dark cupboard for two to three months before eating.

YOUR RECIPE HERE:

Please feel free to send us any recipes that you enjoy using!

humanlibraries@gmail.com

We'll keep updating this presentation with anything we receive