

Kefirko®

FERMENTING VEGETABLES & FRUITS



VEGGIEFERMENTER
INSTRUCTIONS

ENG

CONTENTS

VEGGIE FERMENTER INSTRUCTIONS	3
FACTS ABOUT FERMENTING VEGETABLES AND FRUITS	5
WHAT YOU NEED TO START FERMENTING	8
EQUIPMENT FAQ	10
INGREDIENTS FAQ	12
TROUBLESHOOTING	15
STEP BY STEP GUIDE TO START FERMENTING	16

RECIPES

ABOUT THE AUTHORS	20
SAUERKRAUT	22
KIMCHI	24
FERMENTED CUCUMBERS	26
FERMENTED COLESLAW	27
PICKLED VEGETABLES	28
FENNEL SAUERKRAUT WITH POMELO	30
RADISH AND ROOT KIMCHI	32
FRUIT KIMCHI	34
COLD BREW COFFEE CONCENTRATE	36
CULTURED SALSA	37
CRUNCHY FERMENTED BERRY CHUTNEY	38
CULTURED SORBET POPSICLES	39
BEET EGGS WITH GARLIC, BAY LEAVES AND PEPPER	40
CULTURED GREEN PESTO	42
CULTURED PEAR JAM	43
CULTURED KETCHUP	44
FERMENTED GARLIC AND HONEY	45
CULTURED BROCCOLI SALAD IN A JAR	46
WISDOM KRAUT	48
FERMENTED SAGE	50
FERMENTED GINGER WITH SAGE	52
FERMENTED LEMONS	54
LACTO FERMENTED GRAPE LEAVES	56
MUSTARD	58
CHUNKY CHUTNEY	60
MUSCOVITE GARLIC SCAPES	62



VEGGIEFERMENTER INSTRUCTIONS

ELEMENTS



TOP LID WITH ODOUR NEUTRALISER

Active carbon neutralises unpleasant smells. The leveled top lid enables easy stacking of the jars.



LID WITH ONE-WAY VALVE AND FERMENTATION CLOCK

Silicone valve to pump the air from the jar and prevent the air to come inside. By rotating it you can mark the first day of fermentation.



PRESSING SPRING

Made of quality stainless steel, the pressing spring is used to hold down the ferment.



GLASS WEIGHT

Quality thick glass weight pushes down the ferment and fits the Kefirko jars perfectly.



KEFIRKO JAR

The concave form of the glass jar provides for comfortable handling. Small Kefirko jar capacity is 848 ml (28 oz), big Kefirko jar capacity is 1400 ml (47 oz).



POUNDER WITH TONGS

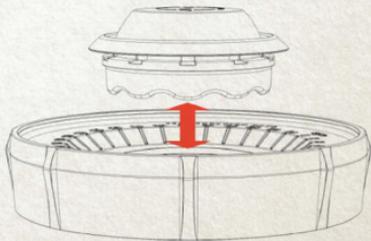
For pounding the ferment to help release juices and for easy transferring to the fermenting jar.



VEGGIEFERMENTER INSTRUCTIONS

CARE FOR THE VEGGIE FERMENTER

- ❗ Before first use, wash all the parts with warm soapy water. Do not put the Kefirko veggie fermenter into the dishwasher. Rinse the detergent thoroughly.
- ❗ Veggie fermenter should not be exposed to direct sunlight during fermentation; also do not place it near any heat sources on your kitchen counter.
- ❗ Once the fermentation is finished, carefully open both lids. Remove the glass weight and take out all or just part of fermented vegetables. You can store the ferment in the same jar in the refrigerator or divide it to smaller jars.
- ❗ The top lid insert should be changed once it stops performing its function (after a few months of constant use).
- ❗ After attaching the silicone pump to the lid make sure its edges are straightened and not wavy.
- ❗ Remove the silicone pump and sealing ring under the lid and wash them with soapy water. Make sure to dry them before attaching them back in place.



FACTS ABOUT FERMENTING VEGETABLES AND FRUITS



Fermentation is a natural preservation method!

People have fermented vegetables for centuries. This was one of the methods to preserve the fresh vegetables and fruits before the refrigerators and freezers were available. By culturing the fresh ingredients its nutritious value increases and that is the reason this procedure is still around and it's now even becoming more widespread. Fermentation helps with preserving the freshly picked vegetables at the time when they are most nutritious. This helps a lot in the seasons when gardens are full of fresh, ripe vegetables or fruits which call on us to pick them.

Microorganisms on the vegetables are the key!

Fermentation is a process where live microorganisms break the sugars or carbohydrates in the food. Most vegetables already have these microorganisms and no starters are needed to help them work. In some cases, you may add whey, sauerkraut juice or starter culture to the mix to give them a boost. During fermentation the optimal environment helps positive bacteria to thrive and bad ones to die off. This is called a selective environment which helps the growth and multiplying only for these positive bacteria while for others it's detrimental.

You can benefit from consuming fermented vegetables!

All fermented foods have positive effects on general well being and gut health when they're a part of everyday meals. They are full of positive bacteria that turn sugars into lactic acid to create a meal full of nutrients that is absorbed more easily. Regular consumption of fermented food may have positive effects on gut health, managing cholesterol level, strengthening immune system, regulating appetite and weight loss and many more.

First few days of fermentation are the most vigorous!

This is the make it or break it stage of fermentation. This is why salting the vegetables is important. The brine creates an environment that is great for positive bacteria and hostile to others, harmful bacteria. *Lactobacillus* is the main character that works in creating your delicious ferment! It

thrives in this selective environment, it grows and multiplies and does the work by breaking down the complex carbohydrates in the vegetables and converting them to lactic-acid. You can smell the sourness of ferment in this stage and also see the bubbles forming in the jar.

Temperature is important during fermentation

Optimal fermentation temperature is 20-24 °C (68-75 °F). If you ferment in a colder place, it can take longer for the ferment to be ready. Fermenting in a very warm environment makes fermentation faster, but there may be some negative consequences, like mushy veggies or mould on the surface if the temperature is too high.

Eating fermented vegetables can have side effects.

As with all fermented foods, it may take a while for your body to adapt to live microorganisms. Especially when you don't have experience with live foods. There are positive effects, like improved digestion, better immune system, healthy gut flora, etc. Others are less desirable and may occur when we start incorporating fermented food into the everyday meals. There may be some bloating, constipation, diarrhea or stomach cramps. These issues are usually very short term, because the body adapts quickly. If the problems don't go away shortly, cut back on the fermented foods or in a serious situation consult a medical expert. You should consult experts if you have any preexisting dietary issues before you start consuming fermented foods.

WHAT YOU NEED TO START FERMENTING VEGETABLES AND FRUITS



Jar with lid

It's important you use a glass or ceramic jar which can store acidic contents, where substances from the materials don't pass to food. Lid is important to keep the insects away from your ferment and does not permit air coming in to enable growth of mold on the surface.

Fermentation weights

Weights keep your ingredients submerged in brine. It's best if they are made of glass and heavy enough to push down even more sturdy vegetables. The Veggie fermenter includes a pressing spring made of stainless steel which can be used to press down the veggies.

Pounder

This is a basic tool for pounding the vegetables to help the juices to release. It can be wooden or plastic. Kefirko pounder has convenient tongs on one side that you can use to transfer the vegetables into the jar.

Mandoline, knife, cutting board

These tools will help you cut the vegetables to the desirable pieces. Thinly sliced vegetables, like cabbage will release the juices faster, while pumpkins for example are cut to chunkier pieces with a knife.

Quality ingredients

Pick out the best ingredient for your ferments, such as you would eat fresh. Freshly picked, organically grown vegetables and fruits are the best option. Not only are they better in taste, but they contain enough live microorganisms that work for you in the fermentation jar. Other ingredients are salt and water and any herbs or spices you want to add for flavour.



EQUIPMENT FAQ

Is it OK to ferment in a small glass jar?

Large amounts are not the rule for fermentation. It's convenient in seasons when you have lots of ripe vegetables and you want only one kind of fermented food. But you can easily prepare small batches if you want to experiment with flavours, prepare different recipes and try out many different combinations of ingredients. By making small amounts at once, you will easily learn the basic fermentation principles and quickly become an expert fermentationist.

How do I avoid bottle explosion?

During the fermentation, CO₂ is being produced and it can lead to bottle explosion if it's kept in an airtight jar. In regular jars, the pressure needs to be released manually. The Veggie fermenter has a one way valve in the lid which leaves the gas out but at the same time does not allow air getting into the vessel. This way, there is no need to keep an eye on the jar during fermentation, it will work by itself.

How to keep the bad smells away?

The odour of fermentation can be quite unpleasant. If you want to avoid that, the Veggie Fermenter has an active carbon filter insert in the top lid that neutralises the smells during fermentation.

Is the pounder tool necessary part of equipment?

We need to pound on the sliced vegetables to help them release their juices. You can also squeeze them with hands for the same result. With pounding tools you press down on the vegetables while you pack them in a jar. This way you help them release enough juices to keep them submerged.





INGREDIENTS FAQ

What kind of vegetables can be fermented?

You can ferment almost all vegetables and even some fruits. But not all ingredients will be easy to ferment or give the same delicious results. Cabbage is definitely one of the most popular vegetables to ferment and next in line are radishes. There are some limitations with green leafy vegetables because of their distinctive taste that becomes even stronger with fermentation. You can also ferment fruits - apples or dried fruits for example are very common in combination with sauerkraut. Berries are also very interesting to ferment. Fermentation is also a great way to use some parts of the vegetables and fruits that are usually being discarded, like stems, rinds, etc.

Do the vegetables need to be chopped?

The intention of chopping vegetables is to enable them to release water and this way create enough brine to keep them submerged in it. The more surface area there is, more juices will be released. Keep this in mind when you decide whether to grate or chop vegetables. But some vegetables can't be grated and can only be chopped in larger chunky pieces. This does not matter, you will just use a salty brine instead.

Do I need to use the starter culture?

Vegetables and fruits contain all the necessary microorganisms for the fermentation. When you're not sure about this or want to make it faster and more consistent, you can use some help in the shape of starter cultures. This is usually a powdered culture that you mix in the brine. You can get help with whey that is also full of microorganisms, some people like to use sauerkraut juice from the previous batch for the new fermentation. Some even use the extra kefir grains and add them in a mix. All these options are available, but don't be afraid of the wild fermentation that happens naturally, with great ingredients and a little bit of salt.

Why is salt important?

Salt is important to create the environment where *Lactobacillus* bacteria will thrive. It will create an environment, where yeast and molds will not be able to form and this will protect your ferment. When choosing the salt, it's important to use one that is not iodized because that can be harmful to microorganisms in your ferment. Choose salt that does not contain any additives, natural sea or Himalayan salt may be the best options.

How much salt do I need to add?

Fermentation is faster when the temperature is higher. So, in warmer seasons you may add more salt to slow down the fermentation. The same way you would add less salt in the winter, because salt can slow down the work of microorganisms. You can measure the salt or rely on your eye in this matter. If you are following the recipe, the amount of salt in is usually written in percentage. The percentage of salt is calculated for the

total weight of your ingredients and water. It's recommended to use about 2 % brine. So, for 1kg of ingredients this means about 20g salt.

How to measure water?

When using brine, you can measure water by pouring the water into the jar already full with vegetables, then pour it out and make the brine with that water - dissolve salt in it. In estimation, about half of the jar amount will be water. So, for a 1l jar, you will use about 500ml of water.

Dry-salting or brining - how to decide?

This depends on the ingredients and the recipe you are making. Dry-salting means you rub the salt on the thin slices of vegetables (cabbages, other vegetables for krauts) and they release the juices. This is a useful method for when the ingredients are grated.

When the ingredients are left whole (pickles) or chopped into large pieces, there isn't much juice that can be used to submerge them. For this reason we prepare brine (usually about 2%) and pour it over the ingredients.

Water in fermentation - what to take into consideration?

This is always the issue with water in fermentation: chlorine. Making sure to use non-chlorinated water is one of the important things when you start fermenting. If you're not sure if your water is chlorinated or not, you can always leave it in a bowl on the counter for a few hours so that chlorine can evaporate. Other issues are not as important, as long as the water is OK to drink, it's also good for fermentation.



TROUBLESHOOTING

My ferment has mold on top

Mold is the most common problem when fermenting vegetables. This is usually because the ferment was in contact with air. Some people just remove the layer with mold, but to be on the safe side it's best to discard the whole jar in this case. You can prevent mold growth by keeping the ferment submerged at all times.

There is a dark top layer on my ferment

Again, this happened because the ferment was exposed to air. Dark layer itself is not problematic or harmful, you can just remove it and use the ferment.

Fermentation does not start

There are many possible reasons why fermentation hasn't started. Maybe the temperature is too low and fermentation is slowed down. If you use salt with iodine, this can harm the beneficial bacteria in the ferment. Chlorinated water has the same consequences. Also there may be some contamination due to bad hygiene and equipment that was not cleaned well.

Vegetables are soft and mushy

Sometimes that is just what happens with a certain vegetable when you ferment it. Other times the softness of ferment appears because the temperature during fermentation was too high.

My ferment smells bad

The smell during fermentation is quite strong and distinctive and something you may need to get used to. You will learn to tell when the ferment is spoiled and when it just has a natural pungent smell.

YOUR STEP BY STEP GUIDE TO START FERMENT- ING VEGETABLES AND FRUITS

In this chapter you will get a basic knowledge of DIY fermenting vegetables and fruits. As always with fermenting, it's important to rely on your taste and smell, experimenting is a way of learning.



1. CHOOSE INGREDIENTS

Do you have an abundance of a certain vegetable, freshly picked from the garden? Or you just need to prepare a new batch of your favourite ferment and only need some extra ingredients? You can ferment almost everything but try to pick quality ingredients locally and organically grown if possible. Wash and dry the vegetables or fruits first. If the recipe requires it, you can soak the vegetables in a solution of salt and water - brine - for a few hours or overnight.

2. CHOP or GRATE

Second step in fermenting vegetables is preparing them. After they're washed and drained, you need to chop or grate them. Depending on the vegetables and recipe, you can either chop them with a knife or



grate them with a mandoline. When we use cabbages, for sauerkraut for instance, we usually grate them into thin slices. But when we ferment zucchini we can just chop them into large chunky pieces.

3. ADDING SALT

Next step is adding salt to the vegetables. There are two options here, salting or brining. Salting usually gives enough liquid to keep the ferment submerged. Brining means you prepare a solution of water and salt to pour over the ferment and make sure it's submerged.



4. MIX & POUND

If you grated the vegetables, mix them with your hands and try squeezing them so they will release juices. You can use a pounder to bruise the vegetables and with that help them release water. At this time, combine all the ingredients in the recipe, add spices and/or herbs and mix everything together.



5. PACK INTO JAR

Finally, pack the vegetables into the jar. It's important to pack the mixture tightly and press on it to remove the air pockets. Whole vegetables or large pieces are packed tightly but

gently enough so they don't damage. If using brine, pour it over the ferment. Make sure it flows to every nook and cranny. Leave a bit room on top of the ferment, because the vegetables will keep on releasing the juices during the ferment and you need to make sure there is enough room left for that.



6. USE THE GLASS WEIGHT

Put the glass weight on top of the ferment to keep it submerged. You may use the pressing spring to push down with more force.

7. COVER AND PUMP OUT THE AIR

Cover with the lid and set the first day of fermentation on the fermentation clock integrated into the lid. Pump out the excess air from the jar by gently pressing on the silicone pump repeatedly.



8. LET FERMENT

Cover with a top lid and let ferment. Depending on the recipe, let ferment for a few days or weeks. You will notice the most vigorous fermentation the first few days. After a day or two you can check the taste and the acidity level of your ferment and decide whether you want to continue fermentation or stop it.



RECIPES



ABOUT THE AUTHORS



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David Côté is a tireless eco-entrepreneur who has already made us salivate with *Crudessence*, *Rise Kombucha*, *Loop Juice* and five recipe books. He is the co-author of *Révolution Fermentation* and *Révolution Kombucha*. Sébastien Bureau, a slightly crazed biologist and fermentation guru, created the recipe for *Rise*, the most widely drunk kombucha in Canada. He is co-author of *Révolution Fermentation* and *Révolution Kombucha*.



SANDOR KATZ

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Sandor Elix Katz is a fermentation revivalist. His books *Wild Fermentation* and *The Art of Fermentation*, along with the hundreds of fermentation workshops he has taught around the world, have helped to catalyze a broad revival of the fermentation arts. A self-taught experimentalist who lives in rural Tennessee, the *New York Times* calls him “one of the unlikely rock stars of the American food scene.” Sandor is the recipient of a James Beard award and other honors. For more information, check out his website.



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Expert in the field of fermented food, author of the book *Fermentiraj.si* and the blog of the same name, and the author of the book and blog *Življenje brez glutena*. She promotes and teaches how an active working woman incorporates the preparation of fermented and gluten-free food into her daily routine.

SAUERKRAUT

Recipe by Kefirko



- 1 medium cabbage (you can use half red half green)
- 20 g (4 tsp) salt

Optional flavouring ideas:

caraway seeds, dill, turmeric, chili, etc.

Clean the outer leaves from the cabbage head, rinse under water. Use mandoline to grate or thinly slice with a sharp knife. Add salt to the cabbage and mix well with your hands. Add spices if using. You can squeeze the cabbage or pound it with a pounder tool to help release juices.

Transfer the cabbage to the glass jar and push it down with a pounder to remove any air pockets. Leave about an inch of room on top of the jar. When you push down the cabbage, the juices need to overflow the cabbages. If not, add some water with salt dissolved in it. Put the glass weight on top of the cabbages to keep them submerged. Cover with lid and set the starting day of fermentation. Then pump out the air with the silicone pump. Cover with top lid and leave ferment at room temperature for 2-4 weeks. Taste during the fermentation to get a feeling of how the taste evolves in different stages of fermentation. Enjoy fermented sauerkraut directly from a jar, add in salads or as a side dish with meat or vegan burgers. Everywhere you like it!

Stuffed sweet potato skins

 Tip for serving:

- *2 sweet potatoes*
- *1 avocado*
- *a pinch of salt*
- *1 tsp of parsley*
- *1 tbsp of olive oil*
- *1 tsp of lime juice*

Pierce each sweet potato a few times and bake at 200°C for 50 minutes, until soft. Let potatoes cool then cut in half lengthwise. Scoop out potato flesh leaving a thin layer of sweet potato inside, and add flesh to a medium bowl.

Mash sweet potato flesh with avocado, lime juice, salt, parsley and olive oil. Stuff sweet potato skins with the mixture and add sauerkraut on top.

KIMCHI

Recipe by Kefirko



- 1 kg (2 lbs) cabbage (*Napa or Chinese*)
- 100 g (3,5 oz) daikon radishes/*red radishes*
- 2 medium carrots (*optional*)
- bunch of scallions or onions
- 1 tbsps ginger root, *minced*
- 2-3 cloves garlic, *minced*
- 1 tbsps sugar
- 3-5 tbsps gochujang paste (*Korean chilli paste*)
- 4 tsp salt
- 1 tbsps fish sauce (*optional*)

Prepare the vegetables and rinse them if necessary. Prepare a large bowl and put the cabbage (you can cut it in half), radishes and carrots in it. Pour 2% brine over the vegetables and cover with a ceramic plate to keep them submerged. Leave to soak for a few hours or overnight. Drain the vegetables well and chop them into pieces. You can cut them into really thin slices or leave them in large chunks. Chop the onions too. Add into the mixture minced garlic and ginger root. Add salt, sugar, Gochujang paste and fish sauce and mix well with hands (you can use gloves). Transfer into the large Kefirko jar (1-quart) and press down with a pounder. The vegetables should start releasing juices that will overflow them. Put the glass weight on top to keep the vegetables submerged. Cover with lid and pump out the air. Let ferment for at least 2 days before you try it. Your kimchi should be ready in 3-5 days. Once it finishes fermenting, store in the refrigerator. Keeps for months.

FERMENTED CUCUMBERS

Recipe by Kefirko



- 0,5 kg (1 lbs) small cucumbers (or large ones, cut into pieces)
- Brine: 4 tsp salt + 0,5 l water
- 3-5 cloves garlic

herbs:

we used fresh dill, bay leaves, pepper

Wash and drain the cucumbers well. Put them in the ice bath for about 10 minutes to keep them crunchy. Pack them in the jar tightly but try not to damage the cucumbers. Leave some room at the top (2-3 cm). Add spices and garlic. Prepare the 2% brine (water and salt) and pour it over the cucumbers. Put the glass weight on top of the cucumbers to keep them submerged during the fermentation.

Ferment 3 days to 3 weeks. When the brine becomes cloudy after a few days, you can start tasting the ferment to find the perfect pickles for you.

FERMENTED COLESLAW

- 1 white cabbage
- 400 g (14 oz) carrots
- 400 g (14 oz) celery
- 2 apples
- 1 red onion
- 1 tsp mustard seeds
- 1 tsp black peppercorns
- About 15 g (3 tsp) salt

Remove the first damaged or dirty leaves from the cabbage until the beautiful leaves are intact. Cut the cabbage in 4 and remove the central core. Chop the cabbage very finely. Peel and grate the carrot on a large grater. Do the same with the celery. Core the apple and cut it into thin strips. Peel and chop the onion. Weigh the vegetables (you get about 1.5 kg) and prepare 1% salt. Combine the vegetables, apple, spices and salt in a large bowl. Leave to rest for 15 minutes. Mix again by squeezing everything with your hands to release the juices. You must have wet hands. Fill the fermenter with the vegetables (and juice), pressing down each layer. The juice should rise up and submerge the vegetables. Fill to the top line of the jar. Place the weight, spring and cover. Close tightly. Leave for 7 days at room temperature, then ideally put in a cool room. Can be consumed after 10 days, but much better after 1 month. Can be stored for years.

Recipe by Marie-Claire Frédéric



PICKLED VEGETABLES

Recipe by Marie-Claire Frédéric



- 1 kg (2 lbs 3 oz) of white cabbage
- 200 g (7 oz) carrots
- 200 g (7 oz) green beans
- 1 red pepper
- 200 g (7 oz) small cauliflower florets
- about 15 g (3 tsp) salt
- 4 tbsp of vegetable oil

Mix of spices:

- 2 cloves of garlic
- 1 small dried red pepper
- 1 tbsp yellow and brown mustard seeds
- 1 tsp fenugreek seeds
- 1 tsp of turmeric

Finely slice the cabbage. Peel and cut the carrots into fine julienne. Remove the ends of the green beans, then thinly slice them on the diagonal. Cut the pepper flesh into thin strips. Separate the cauliflower into very small florets. Weigh the peeled vegetables and add 1% of their weight in salt. Mix these vegetables with the salt in a large bowl. Leave to rest for 15 minutes. Prepare the spices: In a mortar, or a food processor, pound the garlic, chili, seeds and turmeric until you get a coarse paste. Fry this paste on oil until it smells good. Let cool. Toss the vegetables with the spices until well coated. Pack them in the fermenter. Place the weight, spring and cover. Close tightly. Leave for 7 days at room temperature, then ideally put in a cool room. Can be consumed after 14 days.

FENNEL SAUERKRAUT WITH POMELO

Recipe by Marie-Claire Frédéric



- 1,5 kg (3 lbs 4 oz) of fennel
- 1 onion
- 1 pink pomelo (or 2 yellow lemons)
- 15 g (3 tsp) of salt

Eliminate the hard parts of the fennel, then finely chop the bulbs. Save the green sprigs if there are any. You should get about 1 kg of fennel. Peel and mince the onion. Cut the pomelo in quarters, remove the seeds and the central white membrane then cut it into thin slices. Add them with the fennel. Weigh everything and prepare 1% salt. Combine the vegetables with the salt in a large bowl. Leave to rest for 15 minutes. Mix again by squeezing everything with your hands to release the juice. You must have wet hands. Fill the fermenter with the vegetables and juice, packing tightly between each layer. The juice should rise and submerge the fennel when you press. Fill to the top line of the Kefirko jar. Place the weight, spring and cover. Close tightly. Leave for 7 days at room temperature, then ideally put in a cool room. Can be consumed after 7 days. Can be kept for about 6 months. The texture becomes softer over time.

RADISH AND ROOT KIMCHI

Recipe by Sandor Katz



Vessel: 1-quart/1-liter jar

- Sea salt
- 2 pounds/1 kilogram root vegetables at least half daikon or any variety of radishes, and/or any kind of turnips; which may be supplemented by carrots, Jerusalem artichokes, and burdock roots;
- cabbages
- cucumbers
- other types of vegetables can be incorporated as well
- 1 tablespoon rice flour (optional)
- 2-4 tablespoons (or more!) gochugaru, Korean chili powder, and/or fresh or dried chilies
- 1 bunch of scallions or 1 onion or leek or a few shallots (or more!)

- 3-4 cloves garlic (or more!)
- 2 tablespoons (or more!) fresh-grated ginger root
- 1 small fresh horseradish root (or tablespoon prepared horseradish, without preservatives)

Slice the roots. Scrub them well, but unless they're too tough, leave the skins on. Slice thin or chunky, as you like. Leave some smaller roots whole, even with their greens attached. Continue with the basic kimchi process (see kimchi recipe p.24). Soaking the vegetables in brine. Mixing a spice mixture - see the note below. (Add grated horseradish to the spice paste), packing it all into the jar, and fermenting.

Timeframe: 3 days to weeks or months

NOTE: Mix the paste - This step is optional. It gives kimchi a red pasty saucy quality. In a small saucepan, mix the rice flour with 1/2 cup / 125 ml of cold water. Stir thoroughly to dissolve the flour and break up clumps. Gently heat, stirring constantly to prevent burning. Keep stirring as the rice flour mix starts to cook and thicken. Cook for a few minutes until the mix achieves a gluey pastiness, but remains thin enough to pour. If it seems too thick, add a little hot water and stir well. Once it's cooled to body temperature (during which time it will further thicken), mix this with the chili powder into a bright red paste, and then incorporate the rest of the spices.

FRUIT KIMCHI

Recipe by Sandor Katz



Vessel: 1-quart/1-liter jar

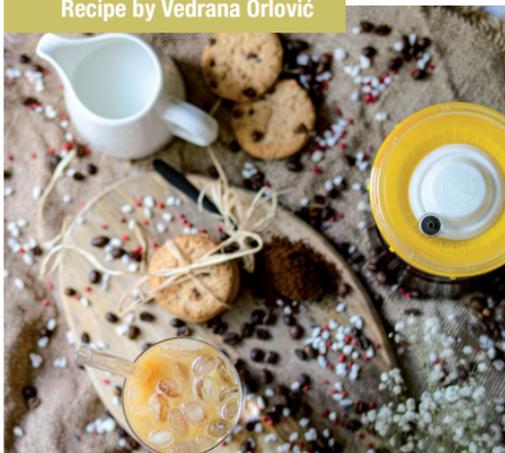
- *1 pound/500 grams napa cabbage, daikon radish, and/or other vegetables*
- *Sea salt*
- *1 tablespoon rice flour (optional)*
- *2-4 tablespoons (or more!) gochugaru, Korean chili powder, and/or fresh or dried chilies*
- *1 bunch scallions or 1 onion or leek or a few shallots (or more!)*
- *3-4 cloves garlic (or more!)*
- *2 tablespoons (or more!) fresh grated ginger root*
- *Juice of 1 lemon*
- *1 pound/500 grams fruit such as berries and/or plums, pears, grapes, pineapple*

Coarsely chop the vegetables, but not the fruit or spices, and place in a bowl or pot. Mix a brine of about 2 cups/500 ml water and 3 tablespoons salt. Stir well to thoroughly dissolve the salt. Continue with the basic kimchi process (see kimchi recipe p.24 and the instructions for the paste p.33). Add lemon juice to the spice paste. Use any kind of fruit. Peel if the skin is inedible or tough. Chop larger fruit into bite-size pieces. Leave small berries whole. Add nuts if you wish. Mix everything together well and pack into a jar. Ferment in a visible spot on the kitchen counter. Be sure to loosen the top to relieve pressure each day for the first few days. Enjoy fruit kimchi young and refrigerate after a few days to enjoy the sweetness of the fruit before it ferments away.

Timeframe: 3 to 5 days

COLD BREW COFFEE CONCENTRATE

Recipe by Vedrana Orlović



- 90 g (3 oz)
ground coffee
- 500 ml (2 cups)
water

Add ground coffee to the Fermenter then slowly pour water over the coffee in a circular motion, distributing the water as evenly as possible and gently stir. Close the lids and leave it to brew at room temperature for 20 hours. Once the brewing is finished, pour the brew concentrate through a paper filter to separate the concentrate from the grounds. Refrigerate the cold brew coffee concentrate in a glass bottle. To serve coffee, dilute 60 ml of the coffee concentrate with 120 to 180 ml of water or plant based milk. You can dilute the coffee concentrate with water to make cold brew coffee, or dilute it with milk to make latte beverages. You can also serve it cold or hot... The options are numerous. It is best to use high quality coffee grounds that are coarsely ground (like grind size for French press coffee).

CULTURED SALSA

Recipe by Vedrana Orlović



- 500 g (18 oz) cherry tomatoes - chopped
- 1/2 an onion - chopped
- 1/4 garlic clove - minced
- 3 green bell peppers - chopped
- handful of fresh basil
- teaspoon of Himalayan sea salt
- juice from one lime

In a large bowl add the chopped tomatoes, minced garlic, peppers, basil, onion, lime juice and salt. Toss and mix thoroughly to combine. Taste the salsa to decide whether to add more salt. When the taste is right, add the salsa mixture to the Kefirko Veggie Fermenter. Press the salsa down in the Kefirko jar so the veggies are fully submerged in the juice and add the glass weight. Close the lids and leave it to ferment at room temperature for 48 hours. You can eat it right away or store in the fridge for several months. I like to add some corn and cucumber to the salsa and fill little gluten free tortilla bowls made with corn flour. Enjoy!

CRUNCHY FERMENTED BERRY CHUTNEY

Recipe by Vedrana Orlović



For 200 g (7 oz) of berry chutney you will need:

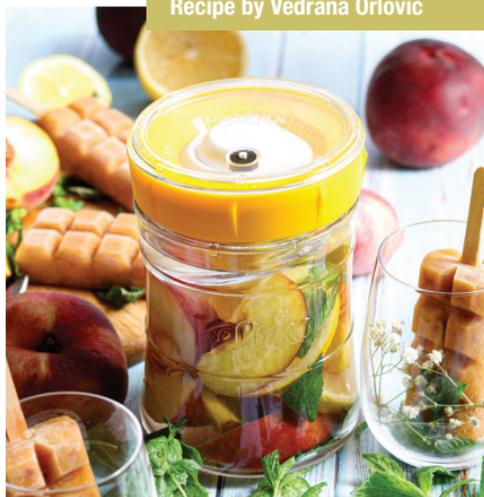
- 2 handfuls of blackberries
- 2 handfuls of raspberries
- tablespoon of honey
- teaspoon of grated fresh ginger
- juice from one lime
- one lime cut into slices (rounds)
- 3 cinnamon sticks
- water kefir

Place all ingredients into the Kefirko Veggie fermenter and cover with the glass weight. Add water kefir and make sure that everything is submerged under the water kefir. Leave 2 cm (one inch) room between the top of the water kefir and the top of the Kefirko fermenter. Close the lid on the jar and pump out any excess air with the pump. Secure with the top lid and leave to ferment for 24 hours at room temperature. Place in the refrigerator for up to one month. Before serving, mash the berries and add to your burger instead of ketchup.

CULTURED SORBET POPSICLES

Recipe by Vedrana Orlović

- 4 peaches
- 10 mint leaves
- juice from one lemon
- one lemon cut into slices (rounds)
- 200 ml ($\frac{3}{4}$ cups) water kefir



Place all ingredients into the Kefirko fermenter and cover with the glass weight. Add water kefir and make sure that everything is submerged under the water kefir. Leave 2 cm (one inch) room between the top of the water kefir and the top of the Kefirko fermenter. Close the lid, put in a dark place and leave to ferment for 24 hours at room temperature. After the peaches have fermented, blend the peaches, mint leaves and 200 ml of cultured kefir liquid into a creamy mixture. Pour the mixture into popsicle moulds and freeze. You can also freeze any leftover kefir liquid in your ice cube trays and add them to your cocktails, lemonade ... When you're ready to taste your frozen treat, remove the sorbet popsicles from the moulds and enjoy this probiotic packed refreshment!

BEET PICKLED EGGS WITH GARLIC, BAY LEAVES AND PEPPER

Recipe by Vedrana Orlović



- *1 beet, peeled and roughly chopped into smaller pieces, cooked*
- *250 ml (1 cup) beet juice from the cooked beet*
- *250 ml (1 cup) apple cider vinegar*
- *80 g (2 ⁴/₅ oz) sugar*
- *1 garlic clove*
- *5 bay leaves*
- *1 teaspoon of black pepper grains*
- *5 hard-boiled eggs*

Peel the hard-boiled eggs and place them in the Kefirko jar. In a medium saucepan add the vinegar, beet juice, garlic, bay leaves, pepper and sugar. Bring to a boil and cook uncovered for about 5 minutes then remove from heat and let cool for a few minutes. Pour the vinegar mixture over the eggs in the jar, covering the eggs completely. You can place some of the cooked beets in the jar with the eggs. Secure with the first lid, mark the first pickling day and pump out the excess air with a built-in pump then close with the jar's lid. Put the Kefirko jar into the refrigerator. Leave for 8-10 days minimum to allow eggs to pickle. Refrigerated pickled eggs will last for 1 month. A tasty way to pickle eggs is in beet juice so that the egg whites and the yolk take on a fuchsia pink hue. Also, the longer you keep the eggs in the pickling liquid, the deeper it infuses the eggs.

CULTURED GREEN PESTO

Recipe by Vedrana Orlović



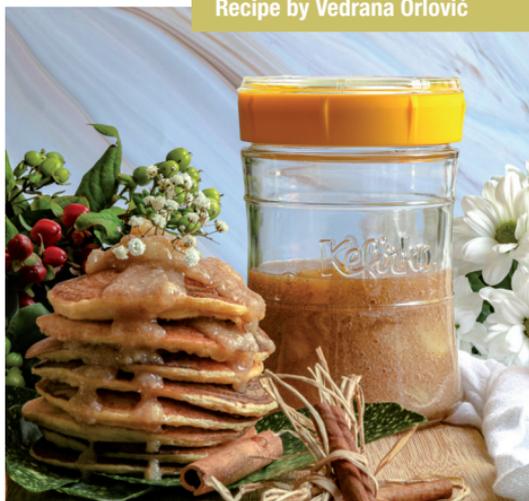
- 75 g (2 ²/₃ oz) almonds
- 75 g (2 ²/₃ oz) pumpkin seeds
- 125 ml (½ cup) of extra virgin olive oil
- 1 tablespoon of lime juice
- ½ teaspoon of sea salt
- ⅓ of garlic clove
- 2 tbsp of whey (I used whey from milk kefir cheese)
- handful of fresh parsley leaves
- 3 handfuls of fresh basil leaves

Place all ingredients in a food processor or blender and blend until creamy. Place mixture in the Kefirko jar, cover with lid and pump out any air bubbles with the built-in pump. Cover with a second lid and leave to ferment at room temperature for 1-3 days. When fermentation is complete, refrigerate for up to 5 weeks. You can use pesto as a spread or combine it with pasta.

CULTURED PEAR JAM

Recipe by Vedrana Orlović

- 500 g (1 lbs) of pears
- 1 tablespoon of honey (I used acacia honey)
- ½ teaspoon of cinnamon
- ½ teaspoon of salt
- 50 ml (1/5 cup) of water kefir



Peel the pears, cut them lengthwise into quarters and remove cores and stem ends. Chop into larger and smaller chunks. Add pears, honey, cinnamon and salt to a small saucepan. Cook for five minutes at a simmer, smashing the larger chunks with a fork to create a puree. Remove from heat and allow to cool to room temperature. Once the pear mixture has cooled, add water kefir. Place mixture into the Kefirko jar, cover with lid and pump out any air bubbles with the built-in pump. Cover with a second lid and leave to ferment at room temperature for 2 days. When fermentation is complete, refrigerate for up to 2 months. You can add this cultured jam to your overnight chia pudding, use it as a spread on homemade bread or added to cakes.

CULTURED KETCHUP

Recipe by Donna Schwenk



- *1/8 teaspoon Cutting Edge Cultures - or you can use 1/2 cup kefir whey*
- *3 cups tomato paste - preferably organic*
- *1 tablespoon Sea Salt*
- *1/2 cup Maple Syrup*
- *1/4 teaspoon cayenne pepper*
- *3 cloves Fermented Garlic - peeled and mashed*
- *1/2 cup fish sauce*

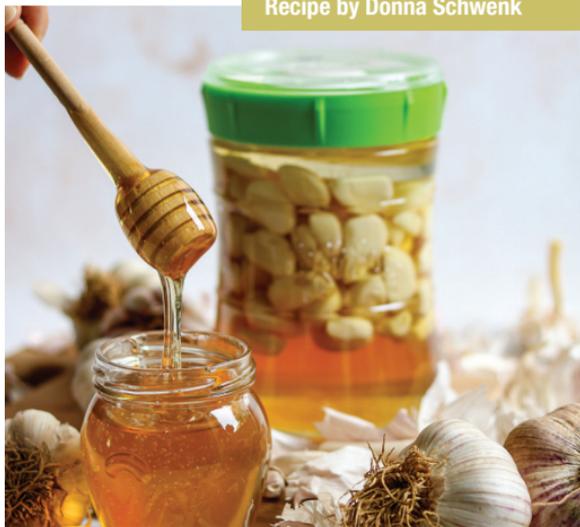
Mix all ingredients until thoroughly combined and place in quart or pint size jars. The top should be 1 inch below the top of the jar. Leave at room temperature for 2 days, then transfer to the fridge.

Storage note: This ketchup can be kept in a covered airtight jar in the refrigerator for up to three months.

FERMENTED GARLIC AND HONEY

Recipe by Donna Schwenk

- *Organic garlic*
- *Organic Honey*
– *or local honey*



Peel garlic cloves and place in a jar. You can use any size jar depending on how much you want to make. Fill the jar with garlic 3/4 of the way to the top. Pour honey over the garlic until it just covers the garlic. Mix the honey into the garlic until it covers it. The honey will get thinner over time. Cover with a secure lid. Place in a cool dark place and turn or shake daily to make sure garlic is coated with the honey. This will help prevent the growth of Kahm yeast. Kahm yeast is harmless but can make the garlic taste “off”. Let it ferment for 2 weeks, then it’ll be ready to eat! You can leave it for up to a year on your counter or in a cabinet and the garlic will change color and lose some of its spiciness. It will actually have a wonderful flavor that can taste like candy!

CULTURED BROCCOLI SALAD IN A JAR

Recipe by Donna Schwenk



- *1/4 teaspoon Cutting Edge Cultures - or 1/2 cup kefir whey*
- *1 head broccoli - chopped (florets only)*
- *2 medium carrot - shredded*
- *1 small red onion - thinly sliced*
- *1/2 cup raisins*
- *1/2 cup grapes*
- *2 teaspoons lemon juice - freshly squeezed*
- *1/2 tablespoon Celtic Sea Salt*

If using the starter culture, stir together the culture and water. Let the mixture sit while you prepare the ingredients—around 10 minutes. If using kefir whey, add it when the recipe calls for culture. Add the broccoli florets, carrots, red onion, raisins, grapes, lemon juice, and salt to a ½ gallon canning jar or vessel. Add the lemon juice, Cutting Edge Culture or kefir whey and cover with water, leaving an inch or two at the top. Seal the container and let it sit on your kitchen counter, out of direct sunlight, for 3 days, then place in the fridge. Check the vegetables every day to make sure they are fully submerged in the water. If they have risen above the water, simply push them down so they are fully covered by the water. If any white spots formed because the veggies rose above the water, do not worry. Remember, this isn't harmful. Just scoop out the vegetables that have the white spots on them and push the rest back under the water.

Storage note: This can be kept in a covered airtight jar in the refrigerator for up to nine months.

WISDOM KRAUT

Recipe by Donna Schwenk



- *1/4 teaspoon Cutting Edge Cultures - or 1/4 cup of kefir whey*
- *1 cup Water - to mix the starter culture*
- *1 small butternut squash*
- *1 small onion*
- *1 small zucchini*
- *1/2 tablespoon poultry seasoning - (sage, thyme, marjoram, & rosemary)*
- *1/2 tablespoon Sea Salt*
- *1/2 cup apple juice*

If using the starter culture, stir together the culture and water. Let the mixture sit while you prepare the ingredients—around 10 minutes. If using kefir whey, add it when the recipe calls for culture.

Remove the skin from the butternut squash and then shred it or finely chop it. Shred the zucchini and onion. Place all in a bowl and add poultry seasoning and salt and toss to combine.

Pack the shredded veggie mixture into a half gallon jar or the equivalent of two quart-size containers. You can use glass or ceramic containers that can be securely sealed. Add the juice, Cutting Edge Culture or kefir whey and cover with water, leaving an inch or two at the top.

Seal the container and let it sit on your kitchen counter, out of direct sunlight, for 2 days. After 2 days, place them in the refrigerator.

Check the vegetables every day to make sure they are fully submerged in the water. If they have risen above the water, simply push them down so they are fully covered by the water. If any white spots formed because the veggies rose above the water, do not worry. Remember, this isn't harmful. Just scoop out the vegetables that have the white spots on them and push the rest back under the water.

Storage note: This kraut can be kept in a covered airtight jar in the refrigerator for up to nine months.

FERMENTED SAGE

Recipe by Suzana Kranjec



Recommended amounts for Kefirko jar, 848 ml (28 oz):

- 150 g (5 $\frac{1}{3}$ oz) sage leaves
- 300 ml (1 $\frac{1}{3}$ cup) water
- 9 g (2 tsp) salt

Wash the sage well, drain, wrap lightly in a towel to dry. Fold the leaves into a jar. Pour water to the rim of the glass and weigh. Subtract the weight of the jar and add 2% salt based

on the weight of the entire contents of the jar, both sage and water. Pour water from a glass into another container and dissolve the salt here. Then pour it back into the jar. Seal the jar well and make sure that the spring with the weight pushes the sage down nicely and is submerged in liquid. After a while, the spring will push the herbs down enough so that there are no air bubbles inside. Pump the air from the jar using the silicone pump. Ferment for 1 to 2 weeks at room temperature. Then place the jars capped in the refrigerator, where they can be stored for up to 6 months. Just make sure the herbs are submerged in liquid all the time. Sage is very beneficial for the digestion, and fermenting it increases its beneficial powers. Fermented sage can be used for chewing when you experience issues in the oral cavity or with digestion. Spit the leaves out after some time. You can use the liquid to rinse the oral cavity (inflammation of the gums, canker sores ...), if the concentrate is too strong, dilute it with water. Very diluted liquid can be drunk to calm down the digestion.

Tips for different combinations of herbs:

- *chopped onion, grated fresh ginger, chili, garlic;*
- *chili, anise, fennel, garlic;*
- *thyme, rosemary, summer savory, edible lavender flowers, tarragon, oregano, mint.*

Important note:

Long-term consumption of sage is not advised. Treatment should not last longer than three weeks, it's advisable to consult medical experts too. Also it's not recommended to consume sage during pregnancy or nursing, or for people with epilepsy.

FERMENTED GINGER WITH SAGE

Recipe by Suzana Kranjec



- 300 g (10 ½ oz) fresh ginger root
- 40 g (1 ½ oz) fresh turmeric
- 10 g (⅓ oz) fresh sage leaves
- ½ lemon, sliced
- salt
- water

Rinse sage leaves and dry them. Peel of the ginger root and turmeric skin. Chop both finely. Rinse the lemon and slice it to thin slices. Put ginger and turmeric into the jar. In between layers put sage leaves. Pour water to the rim and weigh. Subtract the weight of the glass and add 2% of salt based on the weight of the entire content of the jar. Stir well with a spoon. Put slices of lemon on the top. Seal the jar well and make sure the glass weight pushes down the content and submerges it in water. After some time, with the help of pressing spring, the content will push down, keep it submerged and enable air bubbles to come out. Pump out the air from the jar with the help of the silicone pump.

Ferment for 2 weeks at room temperature. Sealed jars can be stored in the refrigerator for up to 6 months.

Use it to strengthen the immune system, in teas when experiencing colds or simply as an addition to the meals, such as salads, hummus spreads, smoothies, etc. During heat waves add it to cool water, eat it as it is or combine it with herbs: mint, lemon balm, lemon verbena.

FERMENTED LEMONS

Recipe by Suzana Kranjec



- *lemons*
- *salt*
- *water*

Wash the lemons well. Cut off the ends and slice them into quarters then each piece to half. Put all the slices into the jar. Pour water to the rim then weigh the jar. Subtract the weight of the jar to add 2 % salt based on the weight of the entire content of the jar. Pour water back into a bowl and dissolve the salt in it. Then pour the brine back into the jar.

Seal the jar well and put the glass weight on the lemons. Make sure it keeps the lemons submerged. Pump out the air with the help of a silicone pump.

Ferment for up to 4 weeks. Then store sealed jars in the refrigerator. You can put the content into smaller jars and store it that way.

Fermented lemons retain the lemon flavour. The fermented liquid is also a great rehydration drink. The lemons are very tasty and can be used together with liquid for second fermentation of water kefir. They are also great in baking, in fresh drinking water, lemonade or any other way you would use fresh lemons.

LACTO-FERMENTED GRAPE LEAVES

Recipe by David & Sébastien



- 300g (10 ½ oz) grape leaves about 50 leaves the size of your hand
- cold water

4% BRINE:

- 40 g (8 tsp) salt
- 1 l (4 cups) water, at room temperature
- 2 cloves garlic
- ½ bunch fresh dill

Wash grape leaves and let soak in a bowl of cold water for 1 hour. Prepare brine by dissolving salt in water. Drain grape leaves. Stack leaves in piles of 6, roll up each pile and pack rolled leaves into the jar. Add garlic and dill. Cover leaves with brine and place a weight on top and close the jar. Let ferment for 2 to 3 weeks. Leaves are ready when their color turns a little darker. Ideally, use grape leaves that were picked from a garden or plucked surreptitiously from the back lane of your neighbor ...who isn't using them anyway. To be eaten in a roll with sorghum and honey, reclining in the nude with the glass of wine in your hand. If the idea makes you uncomfortable, chop the grape leaves into a salad and eat them while wearing your bathing suit. Keeps for 1 year in the refrigerator.

MUSTARD

Recipe by David & Sébastien



- 90 g ($\frac{3}{4}$ cup) yellow mustard powder or seeds
- 10 g (2 tsp) salt
- 60 ml ($\frac{1}{4}$ cup) water
- 200 g (7 oz) white onion (1 medium), finely chopped
- 3 cloves garlic, minced
- 125 ml ($\frac{1}{2}$ cup) white wine or fruit wine
- 125 ml ($\frac{1}{2}$ cup) fruit vinegar or apple cider vinegar
- 25 g ($\frac{7}{8}$ oz) fresh turmeric, peeled and sliced, or $\frac{1}{2}$ tsp (2 ml) ground turmeric (for color)

In a jar, mix mustard and salt in water. Seal jar and let ferment at 68 °F (20 °C to 30 °C) for 48 hours. In a saucepan, over low heat, simmer onion, garlic, wine and vinegar for 15 minutes to bring out flavours. Using a sieve, strain onion mixture into a bowl to save liquid. Save solid pieces for your next sautéed dish. In a blender or food processor, purée wine mixture and turmeric with fermented mustard mixture. Transfer to a clean saucepan. Bring to boil over low heat, whisking to prevent burning. As soon as the mixture starts to boil, remove from heat. Transfer mixture, while still hot, into a clean glass jar and seal. Let stand at room temperature for 10 days. The mustard will lose some of its pungency and achieve a more delicate flavor during this little rest period. Use without skimping on anything that goes nicely with the color yellow. Keeps in the refrigerator forever and then some!

CHUNKY CHUTNEY

Recipe by David & Sébastien



- 3 small mangos, diced
- 2 cloves garlic, minced
- 1 dried hot chile pepper, minced,
or 2 tbsp (30 ml) hot pepper flakes
- 65 g (½ cup) toasted unsweetened coconut flakes
- 5 ml (1 tsp) grated ginger root
- 5 ml (1 tsp) cumin seeds
- ½ tsp (2g) sea salt
- ½ cup (125 ml) water
- ¼ cup (60 ml) sauerkraut juice (optional; see tip)
- 2 tbsp (30 ml) freshly squeezed lime juice
- 2 stalks lemongrass, cut to fit jar

In a bowl, using your hands, mix mangos, garlic, chile pepper, coconut, ginger, cumin seeds, salt, water, sauerkraut juice (if using) and lime juice. Transfer mixture to the jar and add lemongrass. Seal jar and let ferment naturally at room temperature for 2 days if using sauerkraut juice; otherwise, wait up to 5 days. In case of an insatiable craving for chutney, forget the rules and open the jar on the second day.

TIP: Adding sauerkraut juice helps accelerate the fermentation process and brings you closer to the day when you'll be able to enjoy the chutney. You can also leave fermentation to chance by leaving the chutney on the table for a few days. All depends on your preference and your sense of adventure. We have long debated the importance of fermentation in this recipe, because chutney can also be eaten fresh. But because it gets better with time, why not make it a lacto fermentation and enjoy the fruits of probiotics? One essential thing we both agree on: this chutney is really good.

MUSCOVITE GARLIC SCAPES

Recipe by David & Sébastien



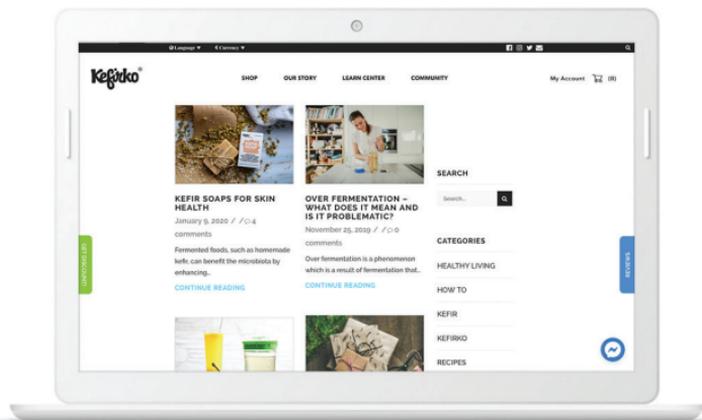
4% BRINE:

- 40 g (8 tsp) salt
- 1 l (4 cups) water, at room temperature
- 500 g (18 oz) garlic scapes

Prepare brine by dissolving salt in water. Remove and discard heads of garlic scapes. Cut stalks into pieces 2 to 6 inches (5-15 cm) long. Press stalks into the jar without crushing them. Cover with brine. Cover surface with cabbage leaf or plastic food wrap. Set a weight on top and close the jar. Let ferment for 45 days. Fermented garlic scapes are a delight when ground and added discretely to a vinaigrette or spicy sauce. Try them out in a sun-dried tomato tapenade, garnished with sourdough croutons for the next vampire hunt. Keeps for more than a year in the refrigerator.



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