

Fermentation Crock

Instruction Manual

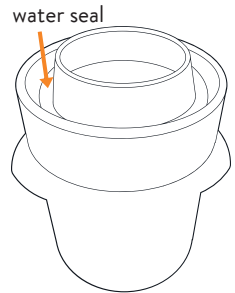
How to prepare your crock for fermenting

When creating fermentation foods, having a clean crock is essential. Always wash your crock and weights in hot soapy water before use. Rinse the ingredients you want to ferment before starting to avoid any dirt getting into your final product.

Once your vegetables have been washed and prepared, you can place them in the Fermentation Crock (along with any herbs and spices you want to include). Your crock should be no more than 3/4 full to allow space for the expansion of ingredients when fermenting.

Use the fermentation weights to push the vegetables down. Insert each weight one at a time into the opening, rotating the weights to be horizontal whilst inside the crock. The weights should sit side by side to create a circle.

Brine is the juice that vegetables release. You can make brine by squeezing the liquid out of naturally juicy vegetables (for example a cabbage). You will need to create a brine that completely covers your ingredients. Once the brine is added to the crock, fill the water seal at the top of the crock with water and then place the lid on. This will create a seal to stop bugs and bacteria entering your crock.



The fermentation process

Place your crock in a cool, dark place and wait. After a day or two, you should start hearing a soft bubbling sound; this is the sound of carbon dioxide escaping during fermentation.

Your fermented food should be ready in about a week or two. If you'd like it tangier, leave a few more days. To stop the fermentation process, transfer to airtight glass jars. Your food will last up to 3-6 months in the fridge or pantry.

After use

Once finished, wash your crock well and dry thoroughly for your next use. The crock is dishwasher safe for easy cleaning.

Sauerkraut

INGREDIENTS

1000 g white cabbage, cut into pieces
(approx. 5 cm)
3 tsp Himalayan salt

PREPARATION

1. Place 500 g of the white cabbage and 1½ teaspoons of the salt into mixing bowl and chop **3 sec/speed 5** or until chopped to your liking. Transfer into a crock and set aside.
2. Place remaining 500 g cabbage and 1½ teaspoons salt into mixing bowl and chop **3 sec/speed 5** or until chopped to your liking. Transfer into crock with cabbage.
3. Knead cabbage with your clean hands until liquid starts to release from the cabbage. Press your mixture down firmly with a wooden spoon or muddler to soften cabbage and release liquid. Repeat with remaining mixture until crock is 3/4 full, allowing



Prep time: 25 mins Serving size: 8 portions

room for the weights to fit at the top of the jar. Mixture must be just covered with liquid or brine. Place water into the top of the crock to seal and store in a dark place for at least 1 week to ferment. Transfer jar into refrigerator until ready to serve.

Fermented beetroot and apple salsa

INGREDIENTS

100 g fresh chillies (red or green), cut into halves lengthways and deseeded
6 - 8 garlic cloves
8 sprigs fresh flat-leaf parsley, leaves only
130 g Granny Smith apples, peeled, cored and cut into quarters
130 g raw beetroot, peeled and cut into halves
350 g tomatoes, cut into cubes (1 cm)
1 tsp coriander seeds
½ tsp cumin seeds
1 tsp dried oregano
110 g lime juice
1 ½ tbsp sea salt
70 g filtered water, plus extra as needed

PREPARATION

1. Place chilli, garlic and parsley into mixing bowl and chop **3 sec/speed 7**.
2. Add apples and beetroot and chop **3 sec/speed 5**.
3. Add all remaining ingredients and mix **5 sec/🌀/speed** Transfer into your Fermentation Crock. Place weights and lid of crock and store at room temperature for 3 days, then transfer into the refrigerator. Do not open jar during 3 days of fermentation. Serve as an accompaniment to meat and vegetable dishes.



Prep time: 10 mins Serving size: 1 total recipe