



4-Day Fermentation Challenge

Fermenting 101, tips & easy-to-find ingredients to inspire you to start fermenting at home.



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A woman in a white lab coat is standing behind a wooden counter. On the counter, there is a clear glass jar with the brand name 'Mason' visible. Inside the jar, there are orange-colored fermented vegetables. Next to the jar, there are green cucumbers and a blue plastic lid.

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FERMENTATION

101

Lacto-fermentation is a magical process that turns ordinary vegetables and fruits into delicious, probiotic-rich delicacies. It's a preservation method that has been used for centuries, dating back to ancient civilizations such as the Chinese, Egyptians and Greeks. During the fermentation process, lactic acid bacteria, also known as lactobacilli, convert the natural sugars in the food into lactic acid. This acid acts as a natural preservative, inhibiting the growth of harmful bacteria and extending the shelf life of the fermented food. But that's not all! Fermentation also enhances the nutritional value of the food, making it easier to digest and increasing the levels of vitamins and minerals.



In addition to being a great way to preserve food, lacto-fermentation is also a fun and easy way to get creative in the kitchen.

With this **Free 4-Day Fermentation Challenge**, we want to inspire you to get creative with simple and easy-to-find ingredients, motivate you to live a healthy lifestyle and share the love of fermenting foods.

BENEFITS OF FERMENTED FOODS

Eating fermented foods can offer a variety of benefits for our overall health. Some of these benefits include:

Improved digestion: Fermented foods are rich in probiotics, which are beneficial bacteria that help to balance the gut microbiome, which leads to improved digestion, regular bowel movements and reduced inflammation in the gut.

Boosted Immune System: Fermented foods contain high amounts of beneficial bacteria which can help to boost the immune system, making it easier to fight off infections and illnesses.

Increased Nutrient Absorption: Fermentation can break down the food's structure making the nutrients more bioavailable, and easier for our body to absorb.

Cost-effective: Fermenting food is an inexpensive way of preserving food and getting more out of what you have.

Reduced inflammation: Some fermented foods contain anti-inflammatory compounds that can help to reduce inflammation throughout the body, potentially reducing the risk of chronic diseases such as heart disease and cancer.



FERMENTING TIPS

01

Don't overfill! Fermenting veggies are very active and bubbly-they can ooze out of the jar and make a mess if you're not careful. Fill only to the shoulder of the jar for a dry salted ferment, such as sauerkraut. For pickled veggies in brine, fill to the neck.

02

Don't underfill! Leaving too much headspace in a jar will allow extra space for oxygen to hang out, which can lead to oxidation of the veggies or brine, or a scummy growth on the surface. Remember that a 1 quart jar will hold about 2lbs. of veggies when dry salting, or 1lb. of veggies when brining.

03

Add a weight! Fermenting veggies become swollen with carbon dioxide, floating to the surface and sometimes poking up out of the brine where they may spoil. Always place a weight on top to keep them submerged. Our [Pickle Pebbles](#) work well for this purpose and feature a gripped handle for easy removal.

04

Seal the jar! Using a lid keeps excess oxygen out. Oxygen coming into the jar contributes to scummy surface growths, such as kahm yeast or mold.

05

Vent it! Sealing up a jar full of fermenting veggies can lead to a dangerous explosion if you don't allow some way for the gases to escape. [The Pickle Pipe](#) is the perfect one-way valve to release the gases while preventing oxygen from entering the jar.

COMPLETE SHOPPING LIST

- ✓ **2 Red Bell Peppers**
- ✓ **1 White Onion**
- ✓ **1 Garlic Head**
- ✓ **6 Medium Size Hot Peppers**
- ✓ **11-12 Large Carrots**
- ✓ **Ginger Root**
- ✓ **1 Bag Green Beans ~350g**
- ✓ **Salt (iodine-free)**
- ✓ **Juice of 1/4 lime**

Each recipe makes 1 Quart Mason Jar Ferment, scale down or up the ingredients accordingly to your needs/jar size.

TOOLS

All of the recipes require basic fermentation tools. You can use whatever tools you have at home, borrow from a friend or get our [Masontops Fermentation Kit](#) that includes all of the tools needed (you still need your own Mason Jars & screw bands)

- ✓ **4 quart-sized wide mouth Mason Jars**
- ✓ **4 Pickle Pebble Glass Weight (Wide Mouth)**
- ✓ **1 Pickle Packer**
- ✓ **4 Pickle Pipe Airlock (Wide Mouth)**
- ✓ **4 Tough Bands (or use the metal ones from your Mason Jars)**
- ✓ **4 airtight lids (we recommend Tough Tops)**

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RECIPES

Let's jump into the fun part of this challenge.



DAY 1 - FERMENTED RED PEPPERS

Ingredients:

- ✓ **2 Red Peppers, sliced**
- ✓ **1/4 White Onion, sliced into thin pieces**
- ✓ **4 Garlic Cloves, crushed**
- ✓ **2 - 2.5 tbsp Salt (iodine-free)**
- ✓ **3 cups of Dechlorinate Water**

Instructions:

1. Mix water and salt in a measuring cup and set aside. You can adjust the salt content according to your personal preference. If it's too salty, just add more water.
2. Fill a Mason jar with red peppers, onion and garlic, distributing them evenly.
3. Lightly tamp with the Pickle Packer to create more room and continue stuffing.
4. Pour brine over vegetables, leaving 1.75" of headspace.
5. Place Pickle Pebble into the mouth of the Mason jar, ensuring the vegetables are submerged and the Pickle Pebble is slightly submerged.
6. Secure Pickle Pipe and leave it to ferment in a cool, dark place, like a kitchen cupboard.
7. Begin tasting after 2 or 3 days. We stopped ours on day 4 before the peppers began to soften too much. Once you're happy with the flavour, screw on a lid and store it in the fridge.



DAY 2 - CARROT-GINGER KRAUT

Ingredients:

- ✓ **11 - 12 Large Carrots**
- ✓ **1.5 tbsp Salt (iodine-free)**
- ✓ **1 - 2 tbs Raw Ginger Root, grated**
- ✓ **Juice of 1/4 lime**

Instructions:

1. Clean and peel your carrots, then thickly grate them by hand or with a food processor.
2. Place grated carrots in a low and shallow bowl and sprinkle salt.
3. Use a Pickle Packer to pound the carrots until they easily release juice when squeezed.
4. Squeeze in lime juice and mix in grated ginger.
5. Add to Mason jar, ensuring the carrots are tightly packed and juice is being pushed above by pressing down with the Pickle Packer. Leave 1.75" headspace.
6. Place Pickle Pebble into the mouth of the Mason jar, so it's weighting down the carrots and slightly submerged in brine.
7. Screw on a Pickle Pipe to vent fermentation gases. Leave to ferment in a cool and dark place until desired tangy taste is reached.

TIP: Ginger is easier to grate when it's frozen. We always have frozen ginger on-hand for easy grating.



DAY 3 - FERMENTED GREEN BEANS

Ingredients:

- ✓ **Green Beans, cleaned with ends cut**
- ✓ **3 Cups Dechlorinated Water**
- ✓ **4 Garlic Cloves, crushed**
- ✓ **2 - 2.5 tbsp of Salt (iodine-free)**

Instructions:

1. In a measuring cup, dissolve salt into water to create brine solution.
2. Fill the Mason jar with green beans (place them in vertically) and garlic cloves, packing them in as tightly as possible.
3. Pour brine over the vegetables, leaving 1.5" of headspace.
4. Place Pickle Pebble into mouth of Mason jar, ensuring it's weighting down the veggies and slightly submerged. Remove any food that floats above or re-submerge it.
5. Place Pickle Pipe on mouth of Mason jar and secure with screw band.
6. Leave to ferment in a cool, dark place until desired taste is reached (for us, that was only 5 days).
7. After the ferment is complete, replace the Pickle Pipe with an airtight lid and move to the fridge.

TIP: These also make great garnishes for Bloody Mary and Caesar cocktails. Add a bit of the leftover brine to your glass (0.5 - 1.0 oz) for an extra kick!



DAY 4 - FERMENTED HOT SAUCE

Ingredients:

- ✓ **1 cup of Hot Peppers, chopped into rings (6 medium size peppers)**
- ✓ **2 Garlic Cloves, crushed**
- ✓ **1 cup of Dechlorinated Water**
- ✓ **½ tbsp Salt (iodine-free)**

Instructions:

1. Mix your water and salt in a measuring cup and set aside.
2. Add all of your ingredients to the Mason jar and pour the brine over the peppers and garlic, ensuring they are fully submerged with 1.25" of headspace.
3. Take your Pickle Pebble (glass weight) and place it on top of the peppers, weighing them down below the brine; you should still have approximately 1/2 inch of headspace left.
4. Arrange the peppers and garlic so they are all beneath the Pickle Pebble and scoop out any bits that may have floated to the top. Secure your Pickle Pipe to the jar, spout up, by screwing on your Tough Band.
5. Then leave it to ferment for 2+ days in a dark, cool place; we recommend smelling and tasting along the way to see if it's at the flavour you like.
6. Once you're happy with the fermentation, blend it and store it with an airtight Mason jar lid. It will last for months in your fridge.



BONUS FERMENTED STIR-FRY RECIPE!

That's right. Now we get to use all of our ferments completed in this challenge into a Fermented Stir-Fry Dish.

Ingredients (2 servings):

- ✓ **1 cup Rice (cooked)**
- ✓ **1 cup of your favourite Protein (tofu, chicken, beef...)**
- ✓ **1/3 of our Fermented Bell Pepper, Carrots & Green Beans**
- ✓ **3 tbsp Soy Sauce**
- ✓ **1 Clove Garlic**
- ✓ **1 tbsp Fermented Hot Sauce**
- ✓ **1/2 tbsp Honey**
- ✓ **1/4 Corn Starch**
- ✓ **1 tbsp Sesame Seeds (optional)**



Instructions:

1. Cook your rice according to the package instructions.
2. In small bowl combine the soy sauce, garlic, hot sauce, honey and corn starch to make a sauce, then set it aside.
3. Next, pan fry your protein.
4. Add the soy sauce mixture to your pan with protein and cook while stirring for about 3 min or until the sauce thickened to your desired consistency.
5. Now it's time to plate! To your bowl, add rice, protein and top it with our fermented bell peppers, carrots and green beans.
6. Top it all with sesame seeds if you like.

ENJOY!



CHALLENGE COMPLETED

CONGRATULATIONS!

Hopefully it was an inspiring 4-Days and you will continue this fermenting journey with us!

Stay Connected.

Be sure to follow us on our socials for more fermentation tips, recipes, and so much more.



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