



# NOURISHING PLATE

COOKING CLASSES BY FOODCRAFT

# Ingredients



**Kombucha Brewing  
Wide Mouth Glass Jar -  
3800ml**

HK\$190

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**Pickle Pebble Glass  
Fermenting Weights  
7cm x 150g - Set of 5**

HK\$60

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**Mason Jar with Two  
Types of Lids & Straw -  
24oz**

HK\$68

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**Tanita Salt Meter**

HK\$480

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**Raw Vegan Kimchee  
Paste - 200g**

HK\$98

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**Korean Red Pepper  
Powder - 500g**

HK\$48

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**Various Herbs**

HK\$25-35

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**Okinawan Sea Salt  
- 100g**

HK\$45

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**Naturata Atlantic Sea  
Salt, Coarse - 500g**

HK\$48

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**Pink Himalayan  
Crystal Salt - 500g**

HK\$58

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