

# Nutritional Chef

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## Fermented Vegetables for Probiotic Gut Health

### Sauerkraut (Fermented Cabbage)

Benefits of Sauerkraut:

It provides probiotics and vitamin K2, which are known for their health benefits, and many other nutrients. Eating sauerkraut may help you strengthen your immune system, improve your digestion, reduce your risk of certain diseases, and even lose weight.

### Simple Sauerkraut Recipe

#### Simple Method (fermenting in fridge)

1. Discard the outer leaves. Then quarter and core the cabbage.
2. Shred or thinly slice cabbage by hand or in food processor.
3. Place in a large bowl and sprinkle with the salt.
4. Cover bowl with a tea towel or plastic wrap and set aside for 30 minutes.
5. Remove the cover and stir through the cabbage thoroughly.
6. Re-cover with tea towel and set aside for another 30 minutes.
7. Remove the cover and stir. Liquid should have started developing in the bowl.
8. Transfer cabbage to a sterilized canning jar.
9. Press down firmly to remove any air gaps and pack cabbage tightly. (The end of a rolling pin works well or a wooden cooking spoon).
10. Fill jar to within 2cm/1 inch of the rim and keep pounding down with the back of a rolling pin, slightly crushing the cabbage.
11. Cover tightly with a lid.
12. Leave at room temperature (around 20/22 degrees) for 3 to 7 days, briefly open the lid daily to remove gases.
13. During the first 24 hours, open the jar a few times to press the cabbage down beneath the level of the juices.
14. Ensure the cabbage is always below the liquid level to prevent bacteria and mold from forming.

### Equipment

- Heavy large glass jar or crock
- Large bowl
- Rolling pin or potato masher
- Tea towel

### Ingredients

- 1 medium cabbage
- 1 tablespoon sea salt



# Fermented Vegetables for Probiotic Gut Health

## Simple Sauerkraut Recipe

### Fermenting Method (at room temperature in a crock)

Use a crock for fermentation and ceramic weights or a heavy glass lid as a weight.

1. Follow steps 1-10 as above.
2. Place a few cabbage leaves on the top of the mixture, followed by the weights. Then put the lid on the crock.
3. Let ferment at room temperature (about 72 degrees Fahrenheit) for 5 to 10 days.
4. Check inside the crock a few times in the first 24 hours to ensure that the cabbage has released enough juice to keep the sauerkraut completely submerged. If cabbage mixture has lifted in jar and has created air pockets in the mixture, pack it back down. Skim off any mold or fuzz that develops on top (everything beneath the brine should be fine).
5. The fermentation process may advance faster at warm temperatures or if cabbage slices are small. The mixture will be bubbly, and the cabbage will soften.
6. Stop the fermentation when you like the flavor and texture.
7. (I like mine best after about 5 to 7 days of fermentation.)
8. Move the entire crock to a refrigerator or cold storage, or transfer to smaller jars first, making sure that the cabbage is always weighted down below the liquid level.

## Equipment

- Heavy large glass jar or crock
- Large bowl
- Rolling pin or potato masher
- Tea towel

## Ingredients

- 1 medium cabbage
- 1 tablespoon sea salt



## Fermented Vegetables for Probiotic Gut Health

### Orange and Ginger Fermented Beets

Fermented Beets benefits: increase blood flow and combat dementia. Beets produce nitric oxide, which helps increase blood flow throughout your body, including to your brain. MRIs done on older adults showed that eating a high-nitrate diet that included beet juice, improved blood flow and oxygenation to certain areas of the brain.

#### Process:

1. Place your chosen flavourings in the bottom of a wide-mouthed pint jar (500ml) or jar of your choice.
2. Prep the beets. Peel and cut into slices, cubes, grate or julienne. (Grated or julienned absorb the flavours best and produce a more tender result).
3. Prepare the brine: Mix 1tbsp of salt with 2 cups of (non-chlorinated water). Stir with a fork until the salt is somewhat dissolved. The rest will dissolve during fermentation.
4. Carefully pour the brine over the beets.
5. Weigh the beets down below the top level of the brine (with a ceramic weight or heavy glass lid that fits inside the jar).
6. Screw the lid on loosely to allow gases to escape.
7. Leave to ferment in a shallow bowl out of direct sunlight.
8. Fermenting (bubbling) usually stops after around 7-10 days at room temperature. Feel free to taste your beets. The beets should taste slightly sour and tangy.
9. Place in the fridge when fermentation is finished and keep for up to a year!
10. The flavour will intensify but the beets will lose colour over time.

Alternative flavourings include: 1tbsp roughly fresh rosemary,  
Or: ½ tsp turmeric powder, ½ tsp coriander seeds, ½ tsp cumin seeds,  
Or: 1tsp dried tarragon, ½ tsp cardamom powder, ¼ ground cloves.

Alternative vegetables for using with this fermentation method:  
Cauliflower florets, carrots.

#### Ingredients

- 2-3 medium beets, peeled and sliced into thick rounds
- 1 tbsp freshly grated ginger and zest of 1 orange, cut into thick strips
- 1 tbsp iodine free salt



## Fermented Vegetables for Probiotic Gut Health

### Kimchi

#### Process:

Make the spice paste:

1. In a bowl, combine the garlic, ginger, sugar, and fish sauce, shrimp paste, or water and stir into a smooth paste. Stir in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons).
2. Set aside until the cabbage is ready.

#### Ingredients

- 1 medium head napa or white cabbage (about 2 pounds)
- 1/4 cup iodine-free sea salt
- Water, preferably distilled or filtered
- 1 tablespoon grated garlic (5 to 6 cloves)
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon granulated sugar
- 2 tablespoons fish sauce or salted shrimp paste, or 3 tablespoons water
- 1 to 5 tablespoons red pepper flakes
- 8 ounces Korean radish or daikon radish, peeled and cut into matchsticks
- 4 medium scallions, trimmed and cut into 1-inch pieces

Make the Kimchi:

3. Cut the cabbage lengthwise through the stem into quarters.
4. Salt the cabbage and let stand for 1-2 hours.
5. Rinse and drain the cabbage.
6. Combine the vegetables and spice paste.
7. Mix thoroughly.
8. Pack the kimchi tightly into the jar.
9. Let it ferment for 1 to 5 days.