

Fermenting your own food is not only healthy - it also improves you!

The traditional preservation process of fermenting increases the amount of vitamins in your foods. Lactic acids ferments your vegetables, leaving a delicious acidic taste and is a great source of vitamins, amino acids and minerals.

HOW TO USE THE CERAMIC FERMENTATION POT

Cleanliness. It's important to keep your ceramic pots and stone weights absolutely clean. When choosing your vegetables make sure to pick only the freshest produce. Vegetables exposed to air will inevitably grow mold, so remember not to leave your veggies out too long before you ferment. To clean your pot simply wipe it down with a wet cloth, and then continue to wash the inside and outside. Let the pot dry and don't worry about mold, because ceramic pots do not absorb water!

Weighing Stones. Place two-piece weighing stones on top of your vegetables and liquid inside the pot. The weights will press down on your veggies ensuring good contact between the fermenting vegetables and the liquid, guaranteeing that the vegetables are always covered by liquid. This pressure is required for proper lactic fermentation. The juice from the vegetables should be between 1-3 inches (2,5 - 7,5 cm) above the weighing stones. If you notice that the liquid is not at the mentioned height, simply refill with cooled, salty boiled solution (approx. 0.53 oz (15 g) of salt per 1 qt.(1 l) of water).

Cover with Lid. To ensure an airtight seal, after placing the lid on your pot, add water into the water channel at the top. At the beginning of your fermenting process it is important to sustain a tight seal, so that no air penetrates into the pot. Therefore DO NOT open the lid until at least 2 weeks into the process. Your vegetables should be ready to eat in as little as 2-6 weeks depending on your recipe.

Eat and Enjoy. Anytime you cook up veggies, rice, quinoa, noodles or pseudograins like buckwheat, top it with some fermented veggies – it's delicious. Eat it plain before and after meals for digestive boosting. Mix it into a salad and use your favorite sauce for dressing.

Kenley fermentation jar – 5 liters pot for homemade fermented vegetables



Designed with an airtight water- sealable cover so that you don't have to scrape off surface mold. The design of the cover will allow gases to escape without letting oxygen in.

This beautifully crafted stoneware fermenting pot

is designed for long-term food storage in ecologically correct conditions without preservatives. It is perfect for pickling cabbage, beans, squash, cucumbers and many other vegetables. Thi stoneware has specific thermal characteristics ensuring good temperature stability inside the container, which significantly improves the taste of the final product. The containers are also high quality, practical and elegant.

SEA SALT or CANNING SALT to CABBAGE RATIO

SALT	CABBAGE
1 tbsp.	1 lb (450 g) cabbage
2 tbsp.	5 lbs (2,2 kg) cabbage
4 tbsp.	12 lbs(5,4 kg) cabbage

Recipes

Cabbage Kimchi

Kimchi is a traditional Korean recipe that can be adapted in many ways, with a variety of vegetables. What is listed below is a starting point only, so everyone should feel free to change quantities and ingredients. Start with cabbage and change the veggies to what you like. Try adding chili peppers, Jerusalem artichokes, burdock root, even apples to the mix.

For a 5 liters fermenting pot

Ingredients

- 3 medium heads (6-8 pounds or 2.5-3 kg) of cabbage
- 3 tablespoons of sea salt or cunnig salt
- water (see recipe notes)
- 3-4 tablespoons of grated garlic (10 to 15 cloves)
- 3 teaspoons of grated ginger
- 3-4 teaspoons of sugar
- 6 to 8 tablespoons of seafood flavor or water (optional)
- 3 to 10 tablespoons of Korean red pepper flakes (gochugaru)
- 1.5 – 2 lbs (0.5-1 kg) Korean radish or daikon, peeled and cut into matchsticks
- 10-15 scallions, trimmed and cut into 1-inch (2,5 cm) pieces

Instructions

Prepare the veggies by shredding and chopping them—this creates more surface area for the beneficial bacteria. Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.

After that mix all veggies in a large glass bowl and salt them.

Place shredded cabbage into the bottom of the crock and press down firmly using clean hands until liquid forms. In another bowl, mix the brine until clear and pour over vegetables.

Then place weighting stones on the top. Add boiled cooled salt water if liquid does not rise 1-3” (2,5 - 7,5 cm) above the stones. Close your pot with lid and pour water into the water channel above.

Let it ferment. Let the jar stand at room temperature for 1 to 5 days.

Check it daily and refrigerate when ready: check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. This also releases gases produced during fermentation, you would hear a bubbling sound. Taste a little at this point. When the kimchi tastes ripe enough for your liking, transfer the pot to the refrigerator. It's best to eat it after another week or two.

Recipe notes

Salt. Use salt that is free of iodine and anti-caking agents, since it can inhibit fermentation.

Water. Chlorinated water can inhibit fermentation, so use spring, distilled, or filtered water if you can.

Seafood flavor and vegetarian alternatives. Seafood gives kimchi an umami flavor. Use fish sauce, salted shrimp paste, oysters, and other seafood. Use about 5 tablespoons of fish sauce, salted shrimp paste, or a combination of the two. For vegetarian kimchi it is allowed to use 2-3 teaspoons of kelp powder mixed with 6-8 tablespoons water.

Easy Homemade Sauerkraut

Ingredients:

- 5-6 pounds (2-2.5 kg) of fresh cabbage. Any vegetables can be used: leeks, peppers, carrots, radishes, even beets (which will stain everything pink)
- Your choice of spices – garlic, ginger, peppercorns, chili flakes, seaweed, etc. (optional)
- 3 tablespoons of salt
- 1 tablespoon of whey or juice from your last batch of naturally fermented veggies (optional)

Instructions

Chop the veggies to small slices, thin julienne matchsticks, or shreds. Add thinly sliced or grated ginger, minced garlic, or other whole spices to taste. Then add salt.

Massage the vegetables with clean hands until the natural juices are released. Taste it and adjust the spices to your liking—it will taste a little too salty at first, but this will mellow as it ferments.

For a foolproof kraut, inoculate with a tablespoon of whey or juice from your last batch—this will kick-start fermentation with lots of good probiotic organisms, though this is not necessary.

Pour the veggies and juice into a clean Kenley ceramic fermentation crock. You should have plenty of natural juice to fully cover the veggies, but with drier root veggies, you may need to top it up with some “seawater” (1-1/2 tablespoons salt dissolved into 4 cups of very clean water) until the veggies are just barely covered with brine.

Now weight down your veggies with weighting stones, so that they stay submerged under the brine during fermentation. Leave out for 5 to 10 days. Taste periodically and when the kraut is ripe and tangy, put a lid on it and store it in the fridge to halt fermentation.

Enjoy a tablespoon or two on your plate with every meal, for its delicious umami flavor as well as its nutritional benefits.