



Materials List

Fermented Vegetables with Contraband Ferments

Ingredients (Sauerkraut)

- 1 cabbage (green or purple)
- Non iodized salt
- Optional: fresh herbs, jalapenos, garlic, onion, carrots

Ingredients Two (Ferment #)

- 2 cups of one of the following: beets, carrots, parsnips, cauliflower, baby tomatoes
- Non iodized salt
- Optional: fresh herbs, jalapenos, garlic, onion, carrots

*** We will discuss salt measurements and so forth in class*

Equipment List

- Cutting board
- Knife
- Large bowl
- 2 quart jars (if you can't find quarts you can use pints or glass jars from recycling)



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Mermaid Sauerkraut

(makes 1 quart) 1.25 pounds cabbage

1/8 C hijiki, kelp, or wakame seaweed

1 clove garlic

1/4 C onion

1 tablespoon jalapeño

2 teaspoons sea salt (non-iodized)

Raw-unpasteurized sauerkraut has many health benefits. It builds your internal biological terrain, adds probiotics to your intestines, increases alkalinity, and helps you absorb nutrition more effectively. Once you add wild edibles like seaweed, you get the thyroid nourishing, heavy metal detoxing and radiation protecting powers of this amazing mineral-rich food.

Spicy Turmeric Chee

(makes 1 quart) .75 pounds napa cabbage

1/4 C daikon

1 carrots

1/4 C onion

1 cloves garlic

1 tablespoons red chili flakes

1 tablespoon turmeric (1 teaspoon turmeric)

1 tablespoons ginger

1 tablespoon sea salt (non-iodized)

Turmeric is known for its connective tissue supporting properties. It is helpful for the liver and positively effects the inflammation response in the body. Daikon is noted for its weight loss

powers. Ginger and chili flakes help guide the medicinal effects of the other foods deep into the cells of the body.



Ingredients

- 2 pounds unpeeled, purple-top turnip, ends and rooty bits removed
- 1 tablespoon sea salt

How-To

1. Rinse turnips. Cut them according to your preference and place them in a medium bowl. Pour salt over turnips and toss with clean hands to combine.
2. Massage the mixture until the vegetables have released some liquid. The larger the pieces, the more mixing you'll have to do to draw out the water.
3. Once you see a small puddle at the bottom of the bowl, they're ready to be packed into the jar.
4. Press the turnips into a quart jar, smushing them down thoroughly with the flat of your fist until the jar is full to about 2 inches below the rim. If there's not at least 1/4 inch (1 cm) of liquid covering the turnips when you press down on them, pour a bit of liquid from the bottom of the bowl into the jar.
5. Apply a weight to keep the vegetables under the brine. Cover your jar and move to a room temperature spot away from direct sunlight. Let it ferment at room temperature for 2 to 3 weeks. Once it's sour enough for you, remove the weight, secure the jar lid and stick it in the fridge to slow fermentation.



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FERMENTED SALSA

Ingredients

Makes 1 quart

- 1 medium onion, diced
- 2 large tomatoes, diced
- 1 medium green pepper, diced
- 1–2 jalapeños, diced
- Clove of garlic, minced
- Handful of fresh cilantro
- Lemon and lime juice to taste
- 2 teaspoons salt

Instructions

1. Mix all the ingredients together.
2. Place the salsa in a fermentation container, pressing down to release some liquid. Add a weight so that the vegetables are submerged under the liquid. Add a bit of extra water if needed.
3. Ferment for 3+ days at room temperature.
4. Remove the weight and move to the fridge and enjoy!



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SAUERKRAUT

Ingredients

- Cabbage is traditional, though you may use any vegetables you would like. E.g., carrots, radishes, peppers, beets, etc.
- Salt

Instructions

1. Chop the vegetables into similar sized chunks or shreds into a bowl.
2. Add salt and mix throughout using your hands to massage the mixture.
3. Begin packing into a one-gallon crock or jar. Use your fist or a wooden tamper.
4. Create an anaerobic environment by getting all air bubbles out as you pack it down.
5. Push until the brine starts to rise to the top of the veggies.
6. Place a saucer or plate on top of the vegetables. Try to get one that fits as close to the edges as possible.
7. Put a weight on top of that. A jar of water works well.
8. Cover with a cloth so no bugs get inside.
9. During the first week of fermentation, push plate down daily to help keep the veggies submerged in the brine. Sometimes it takes a day or two to

get the brine to stay above the veggies. This will help prevent mold from forming.

10. Taste your sauerkraut after a week and see if you like it. You can let it ferment as long as you want, but most people prefer 2–4 weeks of fermentation time per small one-gallon batches. When it is too young, the veggies will still have a carbonated/effervescent feeling on your tongue. This will disappear after about a week of fermentation.
11. The best temperature to ferment sauerkraut is 55°F–65 °F. Put it in a pantry, root cellar, cupboard, or on your kitchen counter. If it gets below or above this temperature it will be fine, but the best flavors develop within this range.
12. When it is ready, scrape off the top layer and enjoy the fresh healthy goodness below.

Note: If mold forms, not all is lost. This is a test of your senses. Scrape off the mold and compost it. If the sauerkraut underneath smells okay, taste it. If it tastes off, spit it out!



Beet Kvass Ingredients

- Filtered water
- 3-4 beets
- 1 ½ tablespoon unrefined sea salt

Beet Kvass Method

1. Wash the beets of any dirt but, do not scrub or peel the beets. Chop the beets – 1-2 inch to 1" cubes are fine.
2. Add the beets to a 1-gallon jar
3. Add 1 ½ tablespoon sea salt
4. Add water to cover the beets
5. Cover with a lid and label with the date.
6. Allow to ferment for 1 ½ weeks or more.
7. At the end of the fermentation process, strain the beets and enjoy!