




5 MIN



5 MIN



2L



2 DAYS

ACTIVE TIME

TOTAL TIME

CROCK

FERMENTATION

INGREDIENTS

- 4 6OZ CAN TOMATO PASTE
- ¾ CUP (158 ML) WATER
- 4 TBS (60 ML) APPLE CIDER VINEGAR
- ¼ TSP (1.25 ML) CINNAMON
- ¼ TSP (1.25 ML) CLOVES
- ¼ TSP (1.25 ML) CAYENNE
- ¼ TSP (1.25 ML) BLACK PEPPER
- SEA SALT TO TASTE
- ½ CUP (125 ML) CANE SUGAR

LACTOFERMENTED KETCHUP

This ketchup is so tasty and easy to make that you'll never again want store-bought! Like most fermented condiments, it can be kept in the fridge for months without any risk of going bad.

DIRECTIONS

In a small saucepan combine the cane sugar and water. Cook over medium heat, stirring frequently, **until cane sugar is completely dissolved.**

Mix the water and cane sugar with all other ingredients in a bowl.

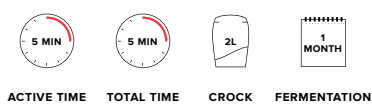
Transfer the mixture to your Mortier Pilon jar. Make sure to leave ¾ of an inch (2 centimeters) of headspace between the mixture and the rim of the jar.

Let the mixture ferment at room temperature, covered, for 2 to 5 days. Once the desired level of fermentation has been reached, refrigerate or serve.



Serving Suggestion

LACTOFERMENTED GARLIC



Everyone loves garlic (well, almost everyone). The only trouble is, since raw garlic's taste is too pronounced for most palates, most of us tend to fry it or roast it; in both cases, the result is delicious, however most of the enzymes and nutrients found in the raw product are lost in the cooking process. Fermentation, on the other hand, allows you to enjoy garlic while preserving its tremendous nutritional value.

INGREDIENTS

12 TO 14 HEADS OF GARLIC
4 CUPS (1L) WATER
2 TBS (30 ML) COARSE SALT
2 BAY LEAVES
1 TBS (15 ML) HERBES DE PROVENCE

DIRECTIONS

- Prepare a brine solution by combining the 4 cups (1L) of water and coarse salt.


Place the peeled garlic cloves in your Mortier Pilon fermentation jar.

Add the brine, bay leaves and herbes de Provence. Make sure to leave ¾ of an inch (2 centimeters) of headspace between the mixture and the rim of the jar.


Let the mixture ferment at room temperature, covered, for 1 month. Once the desired level of fermentation has been reached, refrigerate or serve.




Serving Suggestion




5 MIN



5 MIN



2L



1 WEEK

ACTIVE TIME

TOTAL TIME

CROCK

FERMENTATION

INGREDIENTS

10 LARGE **CARROTS**,
CUT INTO ROUNDS OR HALF-MOONS

30 **PEARL ONIONS**

4 CUPS (1L) **WATER**

2 TBS (30 ML) **COARSE SALT**

LACTOFERMENTED
CARROTS AND ONIONS

Pearl onions and carrot half-moons are an elegant, colorful addition to your salads, appetizers and cocktails. Plus, they're filled with vitamins!


DIRECTIONS

Prepare a brine solution by combining the 4 cups (1L) of water and coarse salt.


Combine the onions and carrots in your Mortier Pilon fermentation jar. Add the brine. Make sure to leave ¾ of an inch (2 centimeters) of headspace between the carrot mixture and the rim of the jar.

Let the mixture ferment at room temperature, covered, for 1 week. Once the desired level of fermentation has been reached, refrigerate or serve.







20 MIN



3H15



2L



3 DAYS

ACTIVE TIME

TOTAL TIME

CROCK

FERMENTATION

INGREDIENTS

- 2 HEADS OF **NAPA CABBAGE**, SLICED THIN
- 2 BUNCHES OF **GREEN ONIONS**, SLICED THIN
- 1 HEAD OF **GARLIC**, MINCED
- 1 TO 2 TBS GRATED **FRESH GINGER** (TO TASTE)
- 1 TO 2 TBS **RED PEPPER FLAKES**
- OR
- 1/4 POUND **FRESH CHILIES MINCED** (TO TASTE)
- 3 TO 4 TBS **SEA SALT** (TO TASTE)

KIMCHI BAECHU

(NAPPA CABBAGE KIMCHI)

Kimchi Baechu is primarily made of fermented nappa cabbage and hot peppers. It also happens to be the most popular winter kimchi. The seasoning varies from one region to another, and is generally saltier, spicier and juicier in the South of Korea.

DIRECTIONS

Combine all ingredients in a very large bowl. **Massage** salt into vegetables and allow to sit for 5 to 10 minutes to give the salt an opportunity to draw out the juices. Pound with a wooden spoon or a clean mallet until the juices are released.

Place the mixture in your Mortier Pilon fermentation jar. Pack down until vegetables are covered in brine. Allow to ferment for 3 to 5 days at room temperature, longer if you can find a cooler location. Transfer to cold storage where it should keep for months.



Serving Suggestion

25 MIN

25 MIN

2L

1 WEEK

ACTIVE TIME
TOTAL TIME
CROCK
FERMENTATION

INGREDIENTS

1 MEDIUM HEAD OF GREEN CABBAGE

2 TBS (90 ML) COARSE SALT

SIMPLE SAUERKRAUT

This is your basic sauerkraut, easy to prepare, customize and use as a base for many a meal inspired by European cuisine.

DIRECTIONS

Chop or shred the cabbage depending on the desired consistency of the final product. Sprinkle with salt.

Work the cabbage with your hands, potato masher, or kraut pounder until there is plenty of liquid and the cabbage is a bit mushy. This portion of the process usually takes about 10 minutes.

Place the cabbage in your Mortier Pilon fermentation jar pressing the cabbage underneath the liquid (if necessary, add a bit of water to ensure sufficient liquid). The cabbage should be submerged under the liquid.

Let the mixture ferment at room temperature, covered, for 3 to 7 days. Once the desired level of fermentation has been reached, refrigerate or serve.



Serving Suggestion