

★★★★★★★★★★★★★★★★

NNG Sep 20,2011

Fermented foods: Easy ways to incorporate into your diet (for real!)

Patricia Meyer-Watt,CNP

★★★★★★★★★★★★★★★★

I will mention many brands that I use and like. This is not an advertisement.

Please see my website for links to web-sites, books, articles, etc. www.b-healthy.ca
Go to => NNG Resources
I will post this flyer as pdf also.

BENEFITS OF FERMENTATION:

- preserves foods (alcohol, lactic acid, acetic acid)
- makes foods more digestible
- creates new nutrients
- increases flavour

BENEFITS OF EATING FERMENTS:

- support digestion
- provide beneficial yeast & bacteria (pro-biotics)
- lactic acid promotes health acidity in large intestine
- may help reduce Candida overgrowth
- regulates bowels
- helps regulate blood sugar
- improve immune system function,
- great taste!

HOW TO INCORPORATE (OR SNEAK) INTO DIET:

- prepare smoothies with kefir/yogurt
- make French toast with Sha-Sha sourdough spelt bread
- add finely chopped fermented vegetables to salads or add to soups when serving
- enjoy beet kvass as a digestive aid

- serve soups w/ dollop of yogurt or sour cream
- add chopped kimchi, savoury pancakes
- add pickle brine to soups (borscht)
- use umeboshi plum paste in salad dressing
- add a Tbs or two of raw apple cider vinegar to water & drink
- dilute Miso in warm water and add to soup (do not boil again)
- make ginger soda for the kids
- soak oatmeal or whole grain flour in kefir overnight, make pancakes in morn
- use 1 tsp fish sauce in asian stir-fries

FERMENTATION STARTERS:

WILD FERMENTATION: Cabbage (Sauerkraut, Kimchi, etc) do not need a starter.. Easiest to ferment. Foolproof!

FRESH WHEY: an excellent starter for some ferments: beet kvass, ginger soda,etc Place 1 cup plain yogurt or kefir in a cone-shaped coffee filter with holder. Let drip for 4 hours or more. The clear liquid is the whey. Use “yogurt/kefir cheese” as you would cream cheese.

COMMERCIAL STARTERS – see links on website (Caldwell, Body Ecology,etc)

SALAD DRESSING WITH SAUERKRAUT

- 1/2 cup olive oil
- 1 tsp mustard
- 1 tsp sea salt
- ¼ cup sauerkraut

herbs of your choice
blend until smooth

DAIKON, CARROT & GINGER FERMENT (use 1 L clean glass jar + lid)

- 3 cups julienned daikon
- 1 cup julienned carrots
- 1-2 Tbs grated ginger
- 1 Tbs sea salt
- 1 cup filtered or spring water (warm)
- 2 TBS whey or commercial starter

Julienne vegetables with mandoline. (Grated vegetables don’t work as well)
Dissolve sea salt in warm water. Let cool and add whey and ginger. Place vegetables into one litre mason jar. Pour water with salt, ginger and whey. Press down to pack.

Cover and leave to ferment at room temperature (between 18 and 22C) for 2 - 4 days. Place in fridge and eat as a condiment. Taste will improve with time. Will last for several months.

BEEET KVASS (use 1 L clean glass jar and lid)

- 1 1/2 cup peeled & cubed beets (don’t grate)
- 1 ½ tsp sea salt
- 2 Tbs whey filtered water.
- Place beets in one litre mason jar. Add salt, whey and filtered water. Cover and let ferment in warm & dark place in the kitchen for 2 – 3 days. Place in fridge. Drink liquid. Discard beets, or use in salad.