

PICKLED FERMENTED VEGGIES

You can ferment all kinds of vegetables. Experiment! Start with your favorite kind. You can make one kind at a time, or you can mix them. Then, try the vegetables you don't really like. Being fermented, they change taste and you might like them that way.

You need a big glass jar or a pickling jar available at <https://www.wokshop.com/newstore/product-category/pickling-jars/>, to ferment all your vegetables together, and a few smaller jars for ease of consumption.

Vegetables: small cucumbers, young carrots, radishes, turnips, artichoke hearts, green beans, asparagus, okra, pearl onions, garlic cloves, brussels sprouts, cauliflower, etc....

Spices: lemon (falls between vegetable and spice), garlic, thyme, rosemary, laurel, cilantro seeds, juniper, caraway, dill, fennel, anis, mustard seeds, dry red pepper, black pepper, white pepper, clove... So many different spices. Choose according to your taste, and then, experiment...

Salt: Use a fine grain pure sea salt. Don't use common table salt, it is a poison. Its second ingredient after pure sodium is dextrose, which is a refined sugar from the corn industry (GMO, glyphosate). It also contains heavy metals (neurotoxins) as free flowing agents.

- Chop up or slice your vegetables about a bite size, or use whole if small and young.
- Put them in a mixing bowl with a fair amount of salt. Not too much either, just about two or three times the amount you would normally use for cooking. Add your spices of choice and be extremely generous for the amount. Spicing will prevent molds to corrupt your fermentation.
- Fill up your jar tightly and let it sit around at room temperature for a couple of hours. Vegetables will start to reduce and their juices start accumulating at the bottom. Pack up with more veggies and top up with water. Add one extra tablespoon of salt.
- Don't close the jar. Cover with a plate just to protect the content, but let it breathe.
- Put a plate at the bottom of the jar to collect the overflow of water that will come during fermentation.
- Wait for two days and taste a piece of vegetable. I like my fermented vegetables still crunchy so I usually give them only three days. After five days they become softer. It depends of the kind of vegetables: artichoke heart will need longer than asparagus or green beans, and it depends mostly of your taste. The longer they stay in brine the more fermented and softer they'll get. The maximum time I left mine is five days.
- Drain the vegetables through a colander but don't rinse off the juices.

- Put in smaller jars, sprinkle with your favorite olive oil, add more or different spices (some people like to add some vinegar (I don't). If you do use only fruit vinegar.
- Close the jars tightly, give them a shake and put them in the bottom of your refrigerator where you can keep them for a year or so.
- Start another batch.

Enjoy!

PRESERVED FRESH GARLIC

Here is how to make your preserved fresh garlic:

Fill the jar to 1" below the bottle neck with fresh peeled garlic cloves
Pour in apple vinegar to cover the garlic in the jar
Add 4 tablespoons each of sea salt, honey and vodka

Leave the jar in the refrigerator for a month, then enjoy!
As long as only clean utensils are used, they will keep until next year.

Use garlic for cooking, pop in mouth to prevent colds, sore throats, etc. Just a good old fashion home remedy Chinese have been using for centuries.

Enjoy!

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