

Kimche

SK method, for 1 l

- Make brine, 1l water and 4 tbsp salt dissolved (good and salty taste!)
- Chop main veg (cabbage, carrots etc) and leave to soak in brine for a few hours or overnight. Weigh down with saucer to keep submerged.
- Make spice paste (2inch ginger, 4 garlic, 1 onion, 3 or so chillies), crush up together or whizz in mixer.
- Drain main veg (keeping brine) test saltiness of veg (should be salty but not unpleasantly so, if too salty rinse or if not salty enough add more salt)
- Mix veg with spice paste.
- Press into jar or crock, forcing down to press out liquid to cover the veg. Add some brine if needed.
- Weigh down to keep submerged.
- Cover loosely with cloth.
- Leave to ferment in kitchen. It's good to taste it everyday to see how it develops. After about a week it will taste 'ripe', move to the fridge.

SF method, for 1 l

Half cabbage, shredded
1 sm onion, sliced thinly
1 carrot, grated
(radish, mooli etc or whatever is available) grated
1/2 inch ginger, grated
2 cloves garlic, crushed
pinch dried chillie
1/2 tbsp salt
2 tsp whey

Pound all in a bowl until juices are released, pack into a jar and press down so juices cover veg (covered by about 1 inch juice). Cover tightly (i.e. in a kilner jar) and ferment at room temp for 3 days. Move to fridge.

Resources

SK = Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, Sandor Ellix Katz
http://www.amazon.co.uk/Wild-Fermentation-Flavor-Nutrition-Live-Culture/dp/1931498237/ref=sr_1_cc_1?s=aps&ie=UTF8&qid=1351115502&sr=1-1-catcorr

SF = Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, Sally Fallon

http://www.amazon.co.uk/Nourishing-Traditions-Challenges-Politically-Dictocrats/dp/0967089735/ref=pd_sim_b_1

see also :

<http://www.wildfermentation.com/>