

Community skillshare: Preparing to Preserve 8pm Weds 24th July

Preserving food can not only reduce the amount of food we throw away, but can also add exciting flavours, textures, and health benefits to your meals.

With the 'grow your own' glut approaching, and year round BOGOFs (buy one get one free) in the stores, take a moment to share ideas about how you might extend the life of your food.

Pickles, jams, vinegars, lactoferments, drying, salting ...

Feel free to bring along any useful resources you use, or things you've made for us to taste.

This event is a free community workshop, open to all. Doors open 7.30pm.

Date & Venue: 8pm Weds 24th July at the Hornbeam Centre, 458 Hoe Street, E17 9AH

Introduction, TW and whys and wherefores of preserving, being ready

- storing a glut
- storing food for use out of season

Secondary reasoning

- 'diet enrichment' so as to create variable flavours, textures and increase diversity
- enhance health benefits, unlock healthy properties in food
- reduce health 'hinderers'
- change/streamline preparation requirements (ie do prep. in one go so food ready to be used in the future)
- change/streamline storage requirements (ie can store food at ambient temps rather than taking up space in the freezer)

activity, discuss what we are making

- cucumber fridge pickle (start chopping cucumbers)

Continue with discussion

brainstorm preserving methods (expand on methods as we go, what is it that does the preserving?
Elimination of air, elimination of water, heat, sugar, salt, acid, alcohol)

Chutney

Jam

Fruit sweet vinegars

herb Vinegars

drying

freezing

salt preserving

vinegar pickles

lactofermenting

milk processes

alcoholic fermenting

bottling/canning + pressure canning

confit

maceration in oil

activity, continue

- cucumber fridge pickle, add in vinegar, salt, sugar
- buttermilk, demonstrate method

tasting, has anyone bought examples?

fruit vinegars
chutney
fermented chillies
herb vinegar

Dangers and limitations, how you might decide (ie jam v's lots of sugar, botulism in oil macerations, freezing v's pressure canning)

further information

resources -

- Fermenting
Sandor Katz (books + www.wildfermentation.com)
<http://phickle.com/>
- Pickle/jam/chutney
<http://foodinjars.com/> (small batch canning)
- salting
bacon, somewhere on the guardian

finish

Cucumber Fridge Pickle

1kg cucumbers, thinly sliced

3 small onions, thinly sliced

1tbsp dill, chopped leaves

250g sugar

1tbsp salt

200ml cider vinegar

Combine cucumber, onion and dill in a large bowl.

Mix together vinegar, sugar and salt and pour over the cucumbers/onion/dill.

Leave overnight for flavours to mingle (or at least 3 hours before serving).

Store in an airtight container in the fridge, use within 2 weeks.

Buttermilk

about 1/2 cup buttermilk (from shop or from last batch)

about 750ml milk

We make buttermilk in old, washed out passata jars. Put buttermilk into the jar (about 5cm worth in the bottom of the jar) and then top up with milk, give a gentle shake to mix. Put on lid.

Leave jar on side overnight.

Check to see if milk has thickened, if not leave another couple of hours and check again. When thickened, move to fridge and store. Will keep for several weeks.

Use in curries, baking, pancakes etc.

Comparison chart, milk ferments

An interesting chart (from wikipedia) demonstrating how different ferments can extend the life of milk.

Product	Alternative names	Typical milkfat content	Typical shelf life at 4°C	Fermentation agent	Description
Cheese		1-75%	varies	a variety of bacteria and/or mold	Any number of solid fermented milk products.
Crème fraîche	creme fraiche	30-40%	10 days[1]	naturally occurring lactic acid bacteria in cream	Mesophilic fermented cream, originally from France; higher-fat variant of sour cream
Cultured sour cream	sour cream[3]	14–18%[3]	4 weeks[1]	Lactococcus lactis subsp. lactis*[3]	Mesophilic fermented pasteurized cream with an acidity of at least 0.5%. Rennet extract may be added to make a thicker product.[3] Lower fat variant of crème fraîche
Filmjöl	fil	0.1-4.5%	10–14 days[1]	Lactococcus lactis* and Leuconostoc[4][5]	Mesophilic fermented milk, originally from Scandinavia
Yogurt	yoghurt, yogourt, yoghourt	0.5–4%	35–40 days[1]	Lactobacillus bulgaricus and Streptococcus thermophilus[3]	Thermophilic fermented milk, cultured with Lactobacillus bulgaricus and Streptococcus thermophilus
Kefir	kephir, kewra, talai, mudu kekiya, milkkefir, búlgaros	0-4%	10–14 days[1]	Kefir grains, a mixture of bacteria and yeasts	A fermented beverage, originally from the Caucasus region, made with kefir grains; can be made with any sugary liquid, such as milk from mammals, soy milk, or fruit juices
Kumis	koumiss, kumiss, kymys, kymyz, airag, chigee	4%?	10–14 days[1]	Lactobacilli and yeasts	A carbonated fermented milk beverage traditionally made from horse milk
Viili	filbunke	0.1-3.5%	14 days[1]	Lactococcus lactis subsp. cremoris, Lactococcus lactis* biovar. diacetyllactis, Leuconostoc mesenteroides subsp. cremoris and Geotrichum candidum[6]	Mesophilic fermented milk that may or may not contain fungus on the surface; originally from Sweden; a Finnish specialty[6]
Cultured buttermilk		1–2%	10 days[1]	Lactococcus lactis*[3] (Lactococcus lactis subsp. lactis*, Lactococcus lactis subsp. cremoris, Lactococcus lactis biovar. diacetyllactis and Leuconostoc mesenteroides subsp. cremoris)[1]	Mesophilic fermented pasteurized milk
Acidophilus milk	acidophilus cultured milk	0.5-2%	2 weeks[1]	Lactobacillus acidophilus[1][3]	Thermophilic fermented milk, often lowfat (2%, 1.5%) or nonfat (0.5%), cultured with Lactobacillus acidophilus

* Streptococcus lactis has been renamed to Lactococcus lactis subsp. lactis[7]