



PRESERVE RECIPES

Taken from Sandor Ellix Katz's *"Wild Fermentation,"* Vermont: Chelsea Green Publishing Company (2003).

Presented to the Wakefield Harvest Festival by Leslie Elliott

Sauerkraut

Timeframe: 1-4 weeks

Special Equipment: Ceramic crock or food-grade plastic bucket - 4-liter capacity or greater

Ingredients for 4 liters:

5 lbs/2 kg cabbage

3 Tbsp sea salt

(optional: other veggies; caraway seeds, juniper berries, etc.)

1. Grate or chop cabbage.
2. Sprinkle salt on the cabbage as you chop it and put it into a large bowl.
3. Add any optional ingredients you would like.
4. Mix everything together and pack it into the crock. Pack a bit into the crock at a time and tamp it down to keep it tight and force the water out.
5. Cover the crock with a plate that fits inside, and place a clean weight (clean rock; water-filled mason jar) on top. We want to force the water out of the cabbage and then keep it submerged in the brine.
6. Cover with a clean cloth to keep the dust and flies out.
7. Press down on the plate periodically until the brine rises above the cover; this can take up to a full day. By the next day, if the brine does not cover the plate add 1 Tbs. salt to 1 cup water, stir until dissolved, and add to the crock.
8. Leave the crock to ferment, somewhere cool and quiet. Check it every couple of days and skim off any bloom that appears.
9. Taste your kraut occasionally, and enjoy it when it is tangy and tasty. Scoop some out to keep in the fridge.

Basic kimchi

Timeframe: 1 week or so

Ingredients for 1 liter:

1 lb/500 grams Chinese cabbage (napa or bok choi)
1 daikon radish or a few red radishes
1-2 carrots
1-2 onions
3-4 cloves of garlic or more if you like
3-4 red hot chilies or more if you like
3 Tbs. fresh gingerroot

1. Mix a brine of 4 cups water and 4 Tbs. salt. Stir well to dissolve salt.
2. Coarsely chop the cabbage and slice the carrots and radish. Let these veggies soak in the brine, covered by a plate or other weight, until soft (a few hours or overnight).
3. Prepare spices: grate the ginger; chop the garlic and onion; deseed and chop the chilies or leave them whole. Mix the spices into a paste.
4. Drain the brine off the veggies, reserving the brine. Taste the veggies: they should be decidedly salty, but not unpleasantly so. If they are too salty rinse them; if you can't taste the salt, sprinkle with a couple of teaspoons of salt.
5. Mix the veggies with the spice paste. Pack everything into a clean 1-liter jar. Pack it tightly and press it down until the brine rises. If necessary, add a little of the reserved brine to submerge the vegetables. Weight them down and cover the jar with a clean cloth.
6. Ferment in the kitchen or warm place. Taste the kimchi every day. After about a week of fermenting, when it tastes ripe, move to the fridge.