

Lacto-Fermenting: *The Easy & Healthy Way*

VIDEO NOTES

Important Points

- Fermented foods are nothing new. They've been around for centuries.
- Many countries have their own, commonly served, fermented food dishes.
- Most vegetables can be lacto-fermented.

Fermented foods help the body in four ways.

1. Enrichment of the diet through the development of a diversity of flavors, aromas, and textures in fermented foods.
2. Preservation of the foods through the fermenting process. (Lactic acid keeps foods in perfect state of preservation and promotes healthy flora.)
3. Enrichment of foods vitamins, enzymes, and healthy bacteria counts.
4. Elimination of anti-nutrients.



Safety – 3 Test Method

1. LOOK – Is it the right color? Pink sauerkraut or green carrots are not right.
2. SMELL – Does the food smell right?
3. TASTE – Try a small amount of the food. ---- *If in doubt, throw it out!*

Signs of a ferment going bad.

- Slimy feel
- Mold - small amounts can be removed
- Smell - bad smell
- Color changes

Storage

- Lacto-fermented vegetables must be stored below 50 degrees, better if kept around 40 degrees.
- Foods last depending on the natural hardness of the vegetable. -- Carrots last longer than cucumbers.
- Sauerkraut can last 6 months or more.
- Pickles last a 2+ months.
- Peppers may last up to 1 year.
- Condiments generally last 1 to 3 months depending on the type of food.

Tips for lacto-ferment longevity...keeping that food yummy longer.

Be sure to use:

- Quality Ingredients (organic when possible)
- Clean/Fresh Produce (organic when possible, we suggest following the [EWG's Shopper's Guide to Pesticides](#). i.e., The Dirty Dozen/Clean 15 List)
- Filtered, Clean Water (non-chlorinated, no tap water) [*Read more about water on our website [CookingGodsWay.com](#)]*
- Clean Utensils & Work Surfaces (free of dirt)
- Unrefined Sea Salt, such as Himalayan or RealSalt® (NO additives/table salt)

NOTES

