

# Fermenting Workshop with Elodie Brideau

## NOTES:

So, as a recap for sauerkrauting I would go with:

Don't follow a recipe: Try, taste and adjust afterwards.

## SALT QUANTITY

Basic salt quantity is 3 tsp of salt to 5 lbs of chopped veggie.

For veggies that are either not chopped (cucumber for pickles) or that will not contain enough water (cut beets per example), make a salty water wix : 1 cup of water + 1 tsp of salt.

## FERMENTATION:

For fermentation and conservation periods, you need to make sure the veggies are under the brine level to prevent air contact with the veggies.

After initial fermentation (mix starts bubbling), the brine level might go lower than the veggies. That is when I will be necessary to add salt water to bring it back up.

YOU CAN ALWAYS MAKE A VEGGIE FERMENT MORE SOUR but you can't make it less sour once it is fermented. I prefer to make the initial fermentation with less salt and see how the mix taste after 3-4 days. If I want it more sour, I will add some salt and stir it in.

## KIMCHI RECIPE :

Here are the ingredients that I have put in the Kimchi we tasted during the workshop... Sorry I don't have exact quantities, but they are in order of importance (the last ingredient on the list is the one with the smallest quantity)

- Coarsly chopped savoy cabbage
- Sliced radishes (they give all their red color to the mix so it's nice to put lots)
- Grated carrots
- Dulse and wakame seedweeds (I found wakame at Malone's in town, not the dulse though)
- Finely sliced scallions
- Fresh finely chopped Ginger
- Roasted whole sesame seed
- Chili flakes
- Roasted sesame oil
- I did not put garlic but kimchi normally has it.

Salt with the same ratio as sauerkraut or maybe a bit more... Savoy cabbage is dryer than green cabbage so I needed to add salted water for the brine to cover the veggies.

Fermented 7 days on the counter than fridge, but this is not to be taken as a word.., Room temperature will make the fermentation process vary a lot.