

# Flavors of Rochester at the Market

## Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,  
Friends of the Rochester Public Market, and Democrat and Chronicle*

*Saturdays, May through September 10 a.m. to 12 p.m.*

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### Guest Chef for August 15, 2015: Lucy Piper, Holistic Health Coach

## Fermented Foods 101

Pro-biotic foods, also known as ‘cultured’ or ‘lacto-fermented’ foods have played a very important role in human dietary evolution. Foods such as **kefir** (soured milk yogurt), **sauerkraut** (pickled cabbage), pickles, **kombucha** and preserves are featured in every traditional cuisine. Before pasteurisation, these foods provided our ancestors with the ‘good’ bacteria in the digestive tract that is vital for the healthy function of our ‘gut’ and immune system.

Lacto-fermentation is a beneficial process that utilises lactic acid as a natural preservative. This process enables the preserved food to be converted to a food rich in enzymes, beneficial bacteria, increased vitamin levels as well as antibiotic and anti-carcinogenic substances. Lacto-fermentation is a SAFE, easy way to transform ordinary foods into powerhouses of nutrition for gut health!

### Sauerkraut (pickled cabbage)

- 1 large head of cabbage
- 1 carrot
- 5 Tbs sea salt
- 2 quart filtered water

Prepare the brine (maybe night before) – stir the salt in water be sure it completely dissolve. Remove and discard the outer leaves and core of the cabbage. Shred the cabbage by hand or use a food processor. Shred the carrot. Mix ingredients together and pack into a glass container. Pack just a bit into the crock at a time and tamp it down hard using your fists or any sturdy kitchen implement. Cover the cabbage with prepared brine, leaving 2-3 inches of headspace for the juice to expand as it ferments. Put the plate under the container. Cover kraut with a plate or some other lid that fits inside the crock. Place clean weight (such as a glass jug filled with water) on the cover. This weight is to keep the cabbage under the brine. Leave the crock on a kitchen counter out of direct sunlight for 5-6 day (depend of temperature). Do not afraid to try it during the fermentation process!

Check the kraut every day or two. The volume will reduce as the fermentation proceeds. Press down the weight periodically to make sure it is cover with the brine. If any mold has formed, do not worry, just scoop out the moldy cabbage and push it the rest under the water. After 5-6 days, remove weight and transfer it to the refrigerator.

**Storage note:** Sauerkraut can be stored in covered airtight container in the refrigerator for up to one year.

## **Kefir (soured milk yogurt)**

- 1 cup fresh whole milk (or coconut milk)
- Kefir grains

To activate the kefir grains see instruction on a package if using first time.

Place the kefir grains in fine strainer and rinse with filtered water. Place milk (room temperature) in a clean wide-mouth glass container. Add kefir grains and securely seal the jar. Leave it on your kitchen counter, out of direct sunlight at a room temperature for 24 hours. After 24 hours remove the kefir grains using a spoon or a mesh strainer. Add the kefir grains to fresh milk to begin another fermentation. Transfer the kefir to the refrigerator at this point is ready to drink. You can keep it in a sealed container in the refrigerator for several weeks or in a freezer for several months. If it is left too long in storage, it will lose the culturing power.

## **Kombucha (fermented tea)**

- 1 large glass jar
- 1 large piece of cloth or dish towel to secure around the opening of the jar with a rubber band
- 1 SCOBY disk. (You can find in health food stores)
- 8 cups of water
- 1/2 cup sugar or honey
- 4 black/green tea bags
- 1 cup of pre-made kombucha (can come with a SCOBY)

Bring your water to boil in a big pot on the stovetop. Once boiling, remove from the heat and add your teabags and sugar, stirring until the sugar dissolves.

Allow the pot to sit and the tea to steep for about 15 minutes, then remove and discard tea bags.

Let the mixture cool down to room temperature (which usually takes about one hour). Once it's cooled, add your tea mixture to your big jar/bowl. Drop in your SCOBY disk and 1 cup of pre-made kombucha.

Cover your jar/bowl with your cloth or thin kitchen towel.

Allow the kombucha to sit for 7–10 days depending on the flavor you're looking for. Less time produces a weaker kombucha that tastes less sour, while a longer sitting time makes the kombucha ferment even longer and develop more taste. Some people have reported fermenting kombucha for up to a month with great results, so taste test the batch every couple of days to see if its reached the right taste and level of carbonation you're looking for.