



Lactic fermentation of vegetables in ceramic pots

PREPARATION

Hygiene is very important. Not only the vegetables have to be clean but also the cover and the pot itself. Ceramic pots are the best choice for sauerkraut. Cleaning is very simple. Thoroughly brush of the pot and lid on the in- and outside, rinse and let dry.

The ceramic pot hardly takes up any water and therefore there is no risk mould forming.

The material of the pot acts neutral in contact with any vegetables.

PROCEDURE

Put the vegetables and, if necessary, other ingredients into the pot (see recipes). The level of the vegetables own juice has to be 3-5 cm above the stones. If there isn't enough vegetable juice add salted water. First boil this water and let it cool down to lukewarm.

Cover the vegetables with large leafs of e.g. cabbage or horseradish before placing the lid. Fill the water edge (airlock) with water and place the lid, closing the pot air tight.

Let the pot rest for 8-10 days at room temperature (18-20°C).

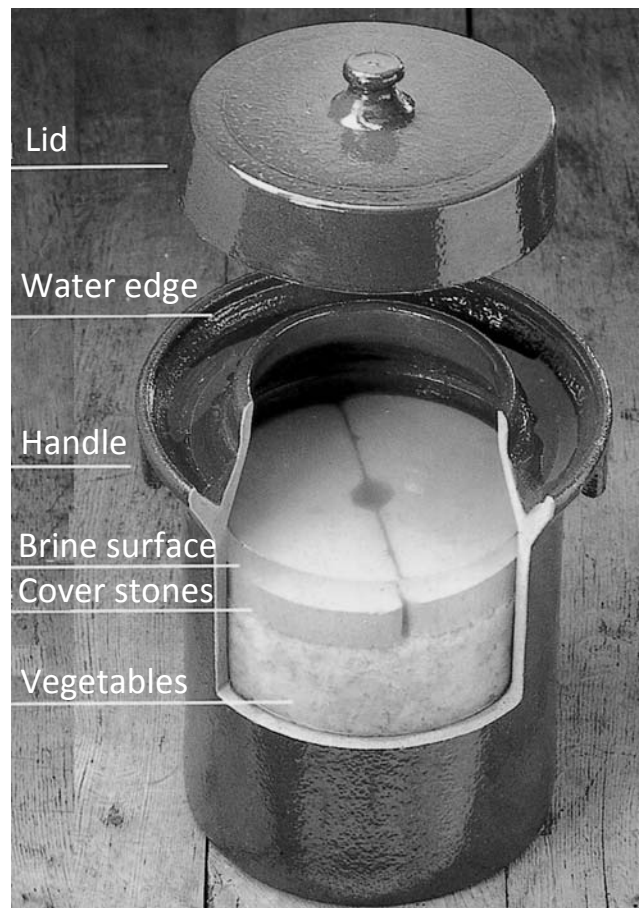
The fermentation process will start and occasionally you'll hear a bubbling sound. The fermentation process can be accelerated by adding whey or fresh buttermilk before closing the pot.

After 8-10 days put the pot at a temperature of 4-8°C.

Keep a watchful eye on the airlock during the fermentation process. In case of evaporation the water has to be filled up.

Make sure that the water isn't vacuum drained : this can be checked by slightly lifting the lid without lifting it out of the water, the drained water will flow back into the edge.

After the prescribed amount of weeks the content is ready for use. Do not open the pot longer than necessary when taking the required amount of vegetables. Should the vegetables be too sour you can add some fresh vegetables, this will soften the taste significantly.



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RECIPES

Mentioned qualities are suitable for a 10 litre pot.

Sauerkraut

8 kg of washed white cabbage

80-120 g of salt

Optional : ¼ litre of whey or fresh buttermilk

Optional according to your personal taste : juniper berries, caraway seed, dill

Optional : 3-4 sliced apples

Place the fine cut cabbage, mixed with the herbs, apple parts and salt, layer by layer into the pot, press firmly. Fill the pot for 4/5 and cover the top layer with washed cabbage leaves. The vegetable juice has to be 4-5 cm above the stones. If there isn't enough vegetable juice add salted water (ca. 15 g of salt per litre of water).

Russian cabbage

Small, sturdy white cabbage, celery root and leaf, not entirely ripe tomatoes, onions, red paprika's, garlic, peppercorns.

Slice the cabbages into 4 pieces and place them in the pot layer by layer together with the tomatoes, the celery root cubes, the onion rings, the garlic and the sliced paprika.

Make an extraction of the celery leaves, a few peppercorns and salt (25 g per litre of water) pour this lukewarm over the vegetables. Make sure the stones are covered with a large amount of fluid. For a sweeter taste you can add an additional apple or pear.

Red cabbage

Prepared in the same way as sauerkraut

Can be served as a salad with onions, marjoram, thyme and garlic. Use cold pressed oil for the preparation. Very tasty with jacketed potatoes, macaroni or roasted chestnut.

Green beans

6-7 kg of beans

40-50 g of salt

Broth of beans and/or salt water (15 g of salt per litre)

¼ litre of whey or fresh buttermilk

Young beans as a whole, use older beans broken. To eliminate the harmful toxics (phasin) you have to boil the beans for about 15 minutes at low heat but don't let them get soft. If there isn't enough vegetable juice add broth or salted water. Ready for use after 3 weeks.

Carrots

7,5 kg of grated carrots

Useable herbs : onions, garlic, clove, dill, tarragon, bay laurel leaf and horseradish slices.

Press the vegetables firmly but do not crush them. Cover with horseradish or cabbage leaves and pour salted water over it (25 g per litre of water) together with ¼ of whey or fresh buttermilk.

Ready after 7-8 weeks.

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Gherkins and cucumbers

Use medium sized, sturdy kinds. Spice with slices of horseradish, garlic, dill, tarragon, bay laurel leaf and/or clove. Add salted water (25 g per litre of water) and ¼ litre of whey or fresh buttermilk. Cover with horseradish or cabbage leaves.

Ready after 3 weeks.

Beetroot

7 kg of beetroot, 2-3 tablespoons of mustard seeds, 1 table spoon of caraway seed, ¼ kg of onions, horseradish, 15 kg of salt, ¼ litre of whey or fresh buttermilk.

Grate the beets. Place in the pot layer by layer and spice. Leave the pot closed for at least 6 weeks. Beets can ferment quite strong so they need plenty of space, only fill the pot for a ¾.

Red paprika

Use sturdy kinds which are ripe at the end of fall. The earlier types get soft too soon. Green and yellow paprika's are also useable. Season with garlic, clove, bay laurel and horseradish.

Remove the seed case and the thalamus. Slice in pieces of ca. 1 cm wide, add spices and place in the pot and press firmly. Cover and add salted water (25 g per litre of water). The cover stones have to be submerged just a little bit because liquid will be formed during fermentation. Ready after 3-4 weeks.

celery root

7,5 kg of celery root grated or cut in cubes

Useable herbs : onions, garlic, clove, dill, tarragon, bay laurel leaf and horseradish slices.

Press the vegetables firmly but do not crush them. Cover with horseradish or cabbage leaves and pour salted water over it (25 g per litre of water) together with ¼ of whey or fresh buttermilk.

Ready after 4-6 weeks.

Ceramic pots or "sauerkraut pots" available in sizes of 5, 10, 15, 20, 25 and 30 litres.

Two cover stones included.