



Canadian Hemochromatosis online fermentation demonstration with Rayne Kuntz, certified raw vegan chef and instructor.

Website: sageplantcuisine.com

Email: sageplantcuisine@yahoo.com

Introduction to fermentation

- Wild and cultured ferments – examples of each
- Health benefits
- Demonstration of vegetable ferment (zucchini pickles) – participation is encouraged
- Demonstration of cashew cheese (plant-based) – participation is encouraged
- Questions can be asked throughout the class, but you can also email sageplantcuisine@yahoo.com before and after the demonstration

Recipes

Fermented zucchini pickles

Equipment required

1 litre wide mouth glass jar with ring and lid

Digital scale

Weight and airlock – a new, small zip lock bag filled with water can also be used

Non-chlorinated water –distilled, reverse osmosis or spring water. In a pinch you can leave a vessel of tap water on counter overnight

Yields: 1 litre

Ingredients

4 cups zucchini – sliced into rounds about ½ centimeter thick

½ cup red onion – thinly sliced

Non-chlorinated water

2 garlic cloves – slice in half (about 1 teaspoon)

2 teaspoons ginger – large chunks or slices

2 dill sprigs

Himalayan or sea salt

1 ½ teaspoons green tea leaves – the tannins help keep the veggies crispy (other options include grape leaves, blackberry leave)

Steps

Basic fermenting vegetables formula: vegetable in grams + water in grams x 2.5% = how much salt in grams

Example: 800 grams of vegetables + 400 grams of water = 1200 grams.

$1200 \times .025 = 30$ grams of salt

Weigh your empty mason jar using a digital scale. Tare it to zero. Put the zucchini, onion, ginger and garlic in the mason jar. Fill with non-chlorinated water to cover the vegetables. Weigh it on a digital scale. Use the above formula to determine how much salt to add. Once you have done the math, weigh your salt. Pour the water out of the jar into a glass measuring cup with the salt. I like using a Pyrex measuring cup because it is easy to pour. Pour the brine over the vegetables. Leave about 2.5 centimeters (1 inch) of headroom at the top of the jar. Add the dill and tea leaves.

Use a weight to make sure the vegetables are submerged. I use an airlock and sealer lid.

Ferment for 5 to 6 days. Remove the weight and airlock. Seal and refrigerate. It can be kept for several weeks. The fermenting will continue, but at a much slower pace in the fridge.

Fermented cashew cheese (seaweed & roasted garlic)

Equipment required

1 litre wide mouth glass jar with ring and lid

Highspeed blender

Spatula

Cheese cloth

elastic

Yields: 1 cup

Ingredients

1 cup cashews – soaked, drained, rinsed

[¼ cup water kefir \(first ferment\)](#) or ¼ cup of liquid from a fermented vegetable or 2 probiotic capsules and ¼ cup non-chlorinated water

3 tablespoons seaweed – reserve 1 tablespoon

1 tablespoon coconut cream

1 tablespoon roasted garlic

1 tablespoon lemon juice

½ teaspoon sea salt or Himalayan salt (non-ionized salt)

Additional

1 teaspoon olive oil

Steps

Soak cashews for 6-8 hours.

Drain and rinse cashews.

Put cashews, kefir, 2 tablespoons of seaweed, coconut cream, roasted garlic, lemon juice and salt in a high-speed blender. Blend until creamy. Fold in remaining seaweed.

Pour it into a 1-quart mason jar - leave a couple inches at the top because the cheese will expand. To reduce the possibility of mold developing you can pour a small amount of olive oil on the top.

Cover the jar with cheese cloth or a thin tea towel and secure it with an elastic. Store in a warm, dark room (I put it beside my dehydrator) for 72 hours. When it reaches the right tanginess for your taste, put a lid on the jar and store it in the fridge. It will last more than a week.