



# FERMENTED VEGETABLE MASTER

## INSTRUCTIONS



**You can make fermented veggies & more at home!**

**YOU  
CAN DO  
THIS**

Our Fermented Vegetable Master makes natural fermentation easy, with or without a starter culture. The included weight and airlock help protect your ferments, so you can make delicious fermented veggies and more, every time.

### Care & Assembly Instructions

- ➔ **Jar & lid care:** Wash before using. Rinse thoroughly, as soap residue is detrimental to cultured foods.
- ➔ **Airlock care:** The airlock can be washed, although it shouldn't come in contact with food.
- ➔ **Weight:** Rinse well in vinegar or warm water (no soap).
- ➔ **Assembly:** Place the small end of the airlock firmly into the grommet on the airlock lid.

### Fermented Vegetable Master Use Instructions

- 1 Prepare vegetables and brine according to your recipe (turn over for our favorites). Fill the jar with the prepared vegetables and brine, leaving 1-2 inches of headspace. Add water, if necessary, until the vegetables are completely covered with liquid.  
➔ **TIP:** *Overfilling the jar can cause liquid from the vegetables to bubble into the airlock. Leave at least 1-2 inches of headspace.*
  - 2 Place the ceramic weights on top of the vegetables to press them under brine.
  - 3 Remove the clear cap from on top of the airlock. Fill the airlock with water, up to the "max" line, and then re-cap the airlock.  
➔ **TIP:** This water may move through the airlock as gas escapes from the fermenting vegetables. This is normal. **Water should not escape from the airlock or into the vegetables, provided the airlock is not overfilled.**
  - 4 Place the airlock lid on the jar, and tighten it firmly to prevent air from entering. Culture as directed by your recipe.
- CULTURE**
- 5 When the vegetables have cultured for your desired length of time, remove the airlock lid and replace it with the included storage lid. You can also move the vegetables into a new container for storage, if desired.
  - 6 Wash and reassemble the Fermented Vegetable Master according to the instructions above for the next batch.

**LEAVE  
THOSE  
LIDS  
ALONE**

Leave the lid on your veggies while they culture. Removing the lid introduces air and unwelcome bacteria to your ferment, which may cause mold and scum.

Mold growth is rare with the Fermented Vegetable Master, but if it happens, ferments can often be saved. Remove the lid, scrape off all mold or scum, cover, and move to cold storage.

**KEEP  
AN EYE  
ON IT**

**On the next page:** Try one of our recipes for sauerkraut, pickles, or cultured green beans! ➔

## Recipe: Sauerkraut

Basic sauerkraut is one of the most popular ferments, and it's a great choice for beginners. Give it a try!

**Total time:** 3-10 days + ★ **Active time:** 20 minutes

### INGREDIENTS

- ➔ 1 medium head cabbage
- ➔ **One** of the following:
  - 1-3 Tbsp. salt or
  - 1-3 Tbsp. salt plus ¼ cup whey or
  - A starter culture such as Caldwell, plus salt as directed

### INSTRUCTIONS

1. Chop or shred the cabbage. Sprinkle it with salt. Knead the cabbage with clean hands or a kraut pounding tool until there is enough liquid to cover it, about 10 minutes.
2. Stuff the cabbage into the jar, pressing the cabbage under the liquid. Fix the weight atop to keep as much cabbage submerged as possible. If needed, add brine made from a ratio of 1 tsp. salt to 1 cup water.
3. Ferment for 3-10 days at room temperature, or longer for a stronger flavor. Once the sauerkraut is finished, store in refrigerator. Makes approximately one quart.

**VARIATION:** Before culturing, mix one part shredded carrots or other vegetable to five parts cabbage for a more complex flavor. Add caraway seeds if desired.

## Recipe: Cultured Green Beans

Transform green beans into "dilly beans," a tangy, crunchy, and flavorful snack or side dish.

**Total time:** 14 days + ★ **Active time:** 15 minutes

### INGREDIENTS

- ➔ ½ pound green beans or similar bean
- ➔ 3 cups water (approximate)
- ➔ A few cloves garlic, chopped
- ➔ A few red pepper flakes
- ➔ Freshly ground black pepper
- ➔ Fresh or dried dill, to taste
- ➔ **One** of the following:
  - 1-3 Tbsp. salt or
  - 1-3 Tbsp. salt plus ¼ cup whey or
  - A starter culture such as Caldwell, plus salt as directed

### INSTRUCTIONS

1. Dissolve the salt in warm water and allow the mixture to cool. If using a starter culture, follow its instructions.
2. Place half of the green beans in the jar. Add half the garlic and other spices. Place the second half of the green beans and spices in the jar.
3. Pour in the salt water. If the beans float, fix the weight atop them to keep them submerged. Secure the airlock lid.
4. Allow the beans to culture at room temperature for 2 weeks or to taste. Once fermentation is complete, store the beans in the refrigerator. Makes approximately one quart.

## Recipe: Naturally Cultured Pickles

Naturally cultured pickles are a tangy, sour classic. Customize the flavor to your taste with dill and garlic.

**Total time:** 7 days + ★ **Active time:** 20 minutes

### INGREDIENTS

- ➔ Sliced pickling-style cucumbers
- ➔ Garlic and fresh or dried dill, to taste
- ➔ 3-4 cups water (approximate)
- ➔ **One** of the following:
  - 1-3 Tbsp. salt or
  - 1-3 Tbsp. salt plus ¼ cup whey or
  - A starter culture such as Caldwell, plus salt as directed

### INSTRUCTIONS

1. Dissolve the salt in warm water and allow the mixture to cool. If using a starter culture, follow its instructions.
2. Place half the cucumber slices in jar; add half the spices. Layer the second half of the cucumber slices and spices.
3. Pour in the salt water. Fix the weights to keep the vegetables as submerged as you can. Secure the airlock lid.
4. Culture at room temperature for 7 days or to taste. Once fermentation is complete, store the pickles in the refrigerator. Makes approximately one quart.

WHAT'S  
THAT  
SMELL?

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

We have dozens of recipes, how-to videos, and articles for beginners and culturing pros on our website, [www.culturesforhealth.com](http://www.culturesforhealth.com)

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