

Eat Your way to Better Health with Foods Fermented in Glass

Natural fermentation of foods preserves nutrients and breaks it down to a more digestible form, creating beneficial enzymes, B-vitamins, Omega-3 fatty acids, and various strains of supportive probiotics. A natural process that has been around for many generations, today, the use of these old methods is a great way to consume probiotics; the key to a healthy gut and a happy brain. Probiotics have also been shown to improve immunity and help with many diseases - among other benefits.

The right container ensures successful vegetable fermentation and as the salts and acids produced during fermentation corrode metal and plastic, glass is the best and only viable packaging option. Glass jars don't hold any taste or odour from previous contents and can be sterilized for repeated use. But most importantly, it is the healthiest vessel for fermentation because it does not scratch easily and cannot harbor unfriendly bacteria in those damaged areas. As importantly, it is non-reactive and does not contain undesirable chemicals so nothing is leached into your vegetables during the fermentation process. Make sure you choose an airtight glass bottle or jar to produce good bacteria. Completely submerge vegetables under the brine prevent the growth of mould; a cylindrically shaped container is best suited for this process.

Fermentation is a very simple technique and just about any vegetables can be fermented with sea or Himalayan salt, and water. To make the brine, use 1/2 tablespoon of salt for every cup of cold water. Depending on taste you can use up to 1 tablespoon. Try this fool proof recipe for Fermented Chilli Sauce from nutritionist, Desi Horsman.

The Best Things Come in Glass!

Fermented Chilli Sauce



Ingredients:

- 500g fresh chillies (remove seeds if you prefer a milder flavour)
- 2 - 3 yellow bell peppers (these help sweeten and remove some of the heat)
- 2 tbsp sea salt
- Optional – garlic, oregano and or grated ginger
- Xylitol can be added if your chillies are too hot and if you prefer a sweeter option

Method:

1. Chop all the ingredients very finely or blitz in a food processor.
2. Prepare the brine with 1 tbsp of salt to every cup of water. Stir vigorously to dissolve.
3. Place the ingredients in a glass jar of your choice.
4. Pour over the ingredients until totally submerged.
5. Ferment at room temperature (takes between 3 days to 3 weeks).
6. Check regularly to see they remain completely covered in brine.
7. Allow fermentation process to continue until you are satisfied with the taste.