

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. Fruits are also a great choice for fermentation and not just veggies – so be creative and try different seasonal combinations. Try this recipe for Fermented Fruit Chutney from nutritionist, Desi Horsman. The Best Things Come in Glass!

Fermented Fruit Chutney



Ingredients:

- 6 plums, chopped (remove pip)
- 4 peaches, chopped (remove pip)
- 3 pears, chopped (remove core)
- 3 apples, chopped (remove core)
- 1/2 cups raisins or cranberries or goji berries
- 2 cups walnuts, chopped
- 2 tbsp sea salt
- 2 lemons juiced
- 2 onions, finely chopped
- 4 tbsp grated fresh ginger
- 1 tbsp cloves (optional)
- 3 chillies if you like a bite to your chutney

Method:

1. Combine the chopped fruits with the raisins, walnuts, sea salt, lemon juice, onions, and ginger.
2. Place your mixture into a glass bottle and keep pushing it down and pounding it to ensure all the water is released and the mixture goes all the way to the top.
3. Make the brine with 1 tbsp of salt to every cup of water. Stir vigorously to dissolve.
4. Pour over the chutney until totally submerged.
5. Cover with a cabbage leaf and allow fermenting process to begin.
6. Keep checking every couple of days and when you are happy with the taste - refrigerate. This process will take 2 – 3 days.