



# Pickles Not Pipe Bombs

experimentation in food preparation

Kaw Valley Seed Fair Edition, 2011



## Ferment!

Five years ago I started making my Great Gramma's Bread and Butter Pickles. Since that time have expanded to pickling and fermenting just about anything. Pickled okra was my favorite for a while, but lately Jerusalem Artichokes (aka Sunchokes) have surpassed them. That will likely change this spring when I try something new.

That's the way it should be, right? Change is good. Experiments are good.

This zine has grown out of my experiments. I have taken a number of existing recipes and modified them to meet my tastes (and available ingredients). When possible, these recipes should be made with local, organic ingredients. When local ingredients aren't available, use organic. When organic isn't available, use what is available. Most of the pickles and ferments will keep for a long time if sealed properly. The ferments, however, will lose a lot of their nutritional properties (i.e. probiotics). If possible, keep these in the refrigerator.

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As I write this, revolutions are spreading throughout the world. Closest to home are the uprisings in Wisconsin and Indiana. It is also worth noting that citizens occupied government offices in Kentucky as well. During times of instability, food security is a very important issue. By preserving food, you are making your life a little more secure. Decrease your dependency on corporate agriculture. Plant a garden. Join a CSA. Dumpster food. Barter. Can. Be creative.

It isn't enough to assume that the comforts we enjoy today will be here tomorrow. Even if nothing changes it is still cool to be able to tell people that you made your own kimchi.

– Kristaps Lentil  
02/25/2011

## Kimchi (Korean Sauerkraut)

- 3 heads of Nappa cabbage, cored and shredded
- 1 bunch of green onions, chopped
- 1 daikon radish, grated
- 2 inches of ginger root, freshly grated
- 1/2 pound of Jerusalem artichokes (cut to your preference)
- 12 cloves of garlic
- 1 dried Bhut Jolokia pepper
- 3 tablespoons sea salt
- 12 tablespoons of rejuvelac (recipe on page 6)

Place cabbage, green onions, daikon, Jerusalem artichokes, and sea salt in a large bowl. The vegetables should then be mix and pressed to release the juices. This is your brine. I have found that a potato masher works extremely well.

In a separate container, combine rejuvelac, Bhut Jolokia, ginger, and garlic. Blend using a hand mixer.

The next step was to combine the vegetables with the “sauce.” I used a gallon glass jar alternating between vegetables and sauce, making sure to press the mixture. This allows the juices to be released.\* Cover tightly and keep at room temperature. Depending on where you live, the kinchi should be ready to eat in three days at which point it should be moved to cold storage.

By the morning the mixture began to resemble kimchi – the distinct smell and liquidy goodness. I sampled a few pieces of cabbage and was in love.

\*I had to press the kimchi a few times before the day was over.

*Adapted from [Nourishing Traditions by Sally Fallon](#)*

## Fruit Kimchi

Like most people my first encounter with pickles involved vinegar and cucumbers. Within the past year or so I have branched out and started making fermented pickles. My first attempt was to make daikon pickles. I used a recipe from [Root Simple](#). The first batch I followed the recipe to the proverbial “T.” Very soon after I was making quarts of Daikon Kraut.

I was hooked.

This was about the time I learned about [Sandor Katz](#) and [Wild Fermentation](#), his amazing fermenting recipe book. One of the first recipes I tried was for Fruit Kimchi.

Fruit Kimchi tastes great. . .in small quantities. I can't eat it the same way I can a more traditional kimchi. This normally wouldn't have been a problem, except that I made a very large batch of it. I wasn't able to eat the entire batch nor was I able to give enough of it away. With that being said, Fruit Kimchi has definitely found a regular place in my rotation o' ferments. The sweet, spicy, salty, taste is like no other.

The beautiful thing about making your own food is that you control how it tastes. This is especially true with pickles. It is very easy to take a standard recipe and make it your own. Take a standard bread and butter pickle recipe and add a habanero pepper to the mix. Are you bored of Kimchi? Make it with fruit!

**Timeframe:** 1 week

**Ingredients (for 1 quart):**

- 1/4 pineapple
- 2 plums, pitted
- 2 pears, cored
- 1 apple, cored
- 1 small bunch grapes, stemmed
- 1/2 cups/125 milliliters cashews (or other nuts)
- 2 teaspoons/10 milliliters sea salt
- Juice of 1 lemon
- 1 small bunch cilantro, chopped
- 1 to 2 fresh jalapeno peppers, chopped
- 1 to 2 any form of hot red pepper, fresh or dried
- 1 leek or onion, finely chopped
- 3 to 4 cloves garlic (or more), finely chopped
- 3 tablespoons/45 milliliters (or more) grated ginger

**Process:**

Chop fruit into bite size pieces. Peel if you wish. Leave grapes whole. Add in any other fruit you want to try. Add nuts. Mix fruits and nuts together in a bowl.

Add salt, lemon juice, and spices. Mix well.

Stuff kimchi mixture into a clean quart-size jar. Pack it tightly into the jar, pressing down until the brine rises. If necessary, add a little water. Weight down with a smaller jar or a zip lock bag filled with some brine. Or if you think you can remember to check the kimchi everyday, you can use your (clean!) fingers to push the fruit back under the brine. As this sweet kimchi ages, it will develop and increasingly alcoholic flavor.

## Pepper Mangoes

From [The Joy of Pickling](#):

“Mangoes” – not the tropical fruit but any fruit or vegetable stuffed with cabbage or seasonings and then pickled in vinegar – were popular throughout the united states and England in the nineteenth century.

I’ve seen Pepper Mangoes mentioned in a number of cookbooks, but I have always been scared to try them. I’m not sure why, but I was. This all changed a few weeks ago when my food Coop had green bell peppers on sale.

Here’s what I used:

- 4 large bell peppers
- 1 cup plus 1 teaspoon sea salt
- 1 gallon plus 3 cups water (estimate)
- 1 head of green cabbage, shredded (enough to stuff the peppers)
- 2 tablespoons (or more) minced garlic
- 2 dill sprigs, minced
- 2 teaspoons whole brown mustard seeds
- 2 small dried hot peppers (I used habaneros from my garden)
- 2 bay leaves
- 3 cups cider vinegar (estimate)

And here’s what I did:

1. I followed the technique mentioned in [The Joy of Pickling](#) which is the same as my Mom used when making stuffed peppers. That is, I cut out the stem and core.
2. Put the peppers into a large container (I used a 1 gallon jar). Dissolve 1 cup of salt into 1 gallon of water. Pour the brine over the peppers. Let them stand at room temperature for 24 hours. I used a sterilized ball jar to keep the peppers submerged.

3. Drain and rinse the peppers. Then, drain them again. Thoroughly. In a large bowl, mix the shredded cabbage with 1 teaspoon of salt, garlic, dill, and mustard seeds. Stuff this into the peppers.
4. Pack the stuffed peppers into the gallon jar (sterilized), tucking the hot peppers and bay leaves around them. I also added a couple of more dill sprigs and garlic cloves. Combine the vinegar and 3 cups of water. Cover the peppers with the mixture. Again, I used a sterilized ball jar to keep the peppers submerged. Close the jar tightly with a nonreactive cap.
5. Store in the refrigerator. In one week you can eat them. They will keep for a few months if stored in the fridge.

These are delicious. They are best served some rice, quinoa, or over a bed of greens.

## **Chamomile Mead**

About a month ago I made my first batch of mead. This was a quick mead inspired by a recipe in Sandor Katz's book [\*The Revolution Will Not Be Microwaved\*](#). I have been fascinated with fermented drinks ever since I tried kefir many years ago. My interest was heightened when I stumbled across a post on Mark's Daily Apple dealing with [digestive health](#).

My goal with this was to have a nice drink that would also be good for me. This drink seems to serve that purpose. Making it was simple. The base is seven parts water and one part honey. That's it. I wanted to add a twist, so I used 3 parts water, 4 parts chamomile tea, and 1 part honey.

The ingredients are mixed into a large container (I used a gallon jar) and mixed. . . vigorously. Often. As in 5 times the first day. This action helps to start the fermentation process. When you are not mixing the concoction it should be covered with cheesecloth or something similar that will allow the elixir to "breathe."

Place it in a dark space.

Continue stirring over the next week. Taste it! You can drink it now or allow it to ferment further. Mine got a lot sweeter as it continued to ferment..

## Rejuvelac

From Wikipedia, "Rejuvelac is a general term for a fermented liquid used to improve digestion of food. Rejuvelac is prepared using whole wheat, rye, quinoa, oats, barley, millet, buckwheat, rice and other types of grain. Best results have been found using wheat, rye, and quinoa. Rejuvelac can be consumed as a digestive aid and used as a 'starter' for other fermented foods such as raw nut and seed sauces, cheeses, and Essene Breads. Rejuvelac contains eight of the B vitamins, vitamins E and K, and a variety of proteins, dextrans, carbohydrates, phosphates and amylases. It is rich in enzymes that assist in digestion. During the fermentation lactic acid is also being produced.

Rejuvelac is a raw food made by sprouting a grain and then soaking the sprouted grain in water for about two days at room temperature and then drinking the liquid. A second batch can be made from the same sprouts, this time requiring only about one day. A third batch is possible but the flavor may be disagreeable.

### Ingredients

- (Pseudo)grains\*
- Water

### What to do

1. Rinse quinoa in water to remove dust and debris.
2. Soak the grain over filtered night. Pour off the water and rinse. Cover the jar with muslin cloth held securely in place to prevent entry of insects, then lay the jar on its side to drain, allowing the wheat to sprout for 1-3 days or until the roots are 1-3 mm long. Rinse periodically to prevent the grains from drying out, and to remove any potentially harmful organisms. In hot weather you may need to rinse the sprouting wheat 4-5 times a day.
3. Fill the jar with water and ferment the culture for 1-2 days or until it has gone milky with a layer of froth on the surface.
4. Pour the liquid into a glass container and refrigerate.

### Note from [rejoiceinlife.com](http://rejoiceinlife.com)

1. It is possible for Rejuvelac to bad (as it is for sprouts and probably any fermented culture). You can generally tell if the rejuvelac is okay by the smell and taste. It should be acidic with a pH less than pH 3.9. It is good practice to observe, smell and taste the rejuvelac periodically to become accustomed to the changes that occur (as it is for any fermented culture). Rejuvelac should keep in the fridge for a

week or more, and will gradually sweeten with time.

2. All bacteria and yeasts have an optimum incubation temperature. Refrigeration will inhibit the growth of some organisms but may give an opportunity for others to flourish. Hot weather or high temperatures, may encourage the rapid growth of pathogenic organisms before the beneficial organisms get started, in which case the culture will smell putrid. If your Rejuvelac culture goes off then discard it, sterilize the jar and wait for cooler weather. In hot weather, it is feasible that a slight acidulation of the water with a little lemon juice at the start of the fermentation, may provide an environment less suited to pathogenic organisms.

### **A Bit On Pseudograins From [ThriveIn30](#)**

These earned a whole column in our lesson on alkaline forming foods, though I didn't cover them in much detail. What exactly are pseudograins? They're actually seeds—and not grains in the classic sense. Pseudograins are often referred to as grains, in part because of their talent for graceful substitution in place of common grains.

Unlike the common grains in the standard North American diet (wheat, rye and oats) pseudograins don't contain gluten. This lack of gluten makes them easily digestible and suitable for celiacs, who are gluten-intolerant, or those just sensitive to gluten.

I count pseudograins as a superfood group—while many pseudograins can stand on their own as superfoods in their own right, as a group the nutritional value of pseudograins stands head and shoulders above most other foods.

All alkaline-forming, here are the best examples—along with some of their individual superfood qualities:

- Buckwheat: rich in essential amino acid tryptophan—the critical component in serotonin production—buckwheat is a good choice for enhancing mood and mental clarity. High in protein, buckwheat's particular protein structure is being studied for its unusually strong ability to bind to cholesterol. Also a good source of manganese and vitamins B and E, buckwheat contains compounds that are being studied for the treatment of type-2 diabetes, high blood pressure and elevated cholesterol.

- Amaranth: with two times the calcium of milk, three times the fiber and five times the iron of wheat flour, amaranth is also quite high in potassium, phosphorous and vitamins A, E and C. Particularly rich in lysine—an essential amino acid very difficult to find in plant-based sources—amaranth is a calcium-delivery powerhouse (lysine helps your body absorb calcium in the digestive tract, so in addition to being calcium-rich as a food, amaranth’s super-power is making sure its calcium is highly bio-available). It’s also 90% digestible, giving amaranth star-status as a high net-gain food.
- Quinoa: packed with B-vitamins and 20 percent protein—the highest of any pseudograin—quinoa is another good source of iron and potassium. Nutritionally similar to amaranth, quinoa is also quite high in lysine.
- Wild rice: another source of lysine and high in B-vitamins, this original North American aquatic grass thrives in the wild (native to the northern regions of Canadian Prairie provinces), so it’s seldom treated with pesticides.

### **Gluten** (from [Mark's Daily Apple](#))

Gluten, the large, water-soluble protein that creates the sludge, err, elasticity in dough, is found in most common grains like wheat, rye and barley (and it’s the primary glue in wallpaper paste). Researchers now believe that **a third of us are likely gluten intolerant/sensitive**. That third of us (and I would suspect many more on some level) “react” to gluten with a perceptible inflammatory response. Over time, those who are gluten intolerant can develop a dismal array of medical conditions: dermatitis, joint pain, reproductive problems, acid reflux and other digestive conditions, autoimmune disorders, and Celiac disease. And that still doesn’t mean that the rest of us aren’t experiencing some milder negative effect that simply doesn’t manifest itself so obviously.





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