

# The Essentialist

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## Lacto-Fermentation Recipes, from Jeanette Cheney

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### Sauerkraut & Other Brine Ferments

#### Red or Green Sauerkraut

*by Jeanette Cheney*

Prep: 30 min      Ferment: 3 - 7 days      Yield: 12 servings

Cabbage should always be used soon after purchase (while it is still moist) in order to make evenly fermented sauerkraut. Good sanitation is of utmost importance when fermenting (clean containers, utensils, use paper towels to dry hands, etc).

While cabbage is fermenting, it can have a strong odor. It is best to ferment outside of the main area of your home (eg. Laundry room).

4 sticks kombu or 3 whole leaves of Wakame seaweed (instead of salt)

1 Large 'late' Organic cabbage

Other root veggies (optional)

Apple, sliced thinly

Caraway seeds (optional)

1. Soak seaweed in warm water for 15 minutes.
2. Reserve 3-4 outer leaves of cabbage. Cut out any bad spots. Finely chop or grate remaining cabbage. If extra juice is extracted, add it to mixture.
3. Layer ingredients in a sanitized, tall gallon-sized ceramic lead-free crock (a crock-pot liner is perfect):
  - a. 1" grated cabbage (add other grated root veggies as desired)
  - b. 8 thin apple slices (1 large apple equals 16 slices)
  - c. 2-3" cabbage (may sprinkle with caraway seeds for flavor)
  - d. hydrated seaweed (evenly divided between layers)

## Lacto-Fermentation Recipes, from Jeanette Cheney

4. Continue with additional layers of apples, 2-3 “ cabbage, seaweed and cabbage again. Press each layer down with your hands, potato masher, or wooden stomper
5. Cover final layer with reserved outer cabbage leaves (can also use parchment paper) and weight it down with a water-filled Ziplock bag or a heavy plate.
6. Cover jar with clean towel and let kraut sit for 3-7 days until the cabbage develops a “tangy” taste. It will ferment more quickly in a warmer room.
7. Discard outer cabbage leaves. Skim any foam off the top of the kraut (this is why it’s good to use a tall, narrow crock). Carefully transfer the fermented cabbage to clean jars. Discard apples and reserve the seaweed for use in salads.
8. Secure lids on jars tightly and store in fridge or a cold cellar.

### **Baechu (Cabbage) Kimchi**

*from ‘Wild Fermentation’ (3)*

Unrefined sea salt	1 daikon radish or a few red radishes
1-2 carrots	1-2 onions, leeks, a few scallions or shallots
3-4 cloves garlic (or more)	3-4 hot red chiles (or more)
3 Tbsp fresh grated gingerroot	fish sauce (optional)

1. Mix a brine of about 4 cups water and 4 Tbsp sea salt. Stir well to dissolve thoroughly. it should taste good and salty.
2. Coarsely chop cabbage, slice radish and carrots, and let the veggies soak in the brine, covered by a plate or other weight to keep the vegetables submerged, until soft, a few hours or overnight. Add other veggies to the brine such as snow peas, seaweeds, Jerusalem artichokes, or anything you like.
3. Preparer spices: grate ginger; chop garlic/onion; remove seeds from the chiles and chop or crush, or throw them in whole. Kimchi can absorb a lot of spice. Experiment with quantities and don’t worry too much about them. Mix spices into a paste. Add fish sauce to spice paste if desired (but check label for chemical preservatives, which will inhibit microorganisms).
4. Drain brine off veggies, reserving brine. Taste veggies for saltiness. They should taste decidedly salty, but not unpleasantly so. If too salty, rinse them. If you cannot taste salt, sprinkle with 1-2 tsp salt, mix and taste again.
5. Mix veggies with spice paste, thoroughly, then stuff into a clean quart-size jar. Pack tightly, pressing down until brine rises. If necessary, add a little of the reserved veggie-soaking brine to submerge the veggies. Weight with a smaller jar or a zip-lock bag filled with some brine. Cover jar with a cloth to keep out dust and flies.
6. Ferment in warm place. Taste every day. After about a week of fermentation, when it tastes ripe, move it to the fridge. Or ferment more slowly and more salt in a cool spot such as a hole in the ground or a cellar (traditional method).

## **Salt-Free or Low-Salt Sauerkraut**

*adapted from 'Wild Fermentation' (3)*

Options to avoid salt (instructions below):

- Ferment in wine;
- Use seaweed
- Substitute caraway, celery, and dill seeds for the salt

To minimize salt:

- Use unrefined sea salt (which is lower in sodium)
- Use less salt (1 -2 tsp of salt per quart of kraut), and add whey

Other considerations:

- Salt helps develop flavor & preserves crunchiness (salt-free kraut is soft).
- Salt-free kraut has a shorter lifespan than salted kraut, so make smaller quantities.
- Fermentation goes faster without salt; be sure to taste salt-free kraut frequently to monitor its progress, and refrigerate it after a week or so.

### **Wine Sauerkraut**

1. Chop up cabbage, mix in any other veggies or desired seasonings, and pack tightly into a jar. Add 1 cup or so of wine, any kind, enough so the level rises above the cabbage like a brine.
2. Weight with a plate (or other lid that fits snugly inside the crock) and a clean weight (such as a glass jug filled with water). Then cover the whole thing with a cloth to keep dust and flies out.
3. Leave to ferment in an out-of-the-way corner , or in a cool basement for a slower fermentation that will preserve for longer, periodically pressing down to help force the water out of the cabbage.
4. Check kraut every day or two. If mold appears on the surface, skim what you can off the surface (it's hard to remove it all). No worries, it's only on the surface; the kraut below is under the anaerobic protection of the brine.
5. Rinse off the plate and the weight; taste the kraut. It starts to be tangy after a few days and gets stronger as time passes. In a cool cellar in winter, it can keep improving for months; in summer or in a heated room, its life cycle is more rapid.

### **Savory Seed Sauerkraut**

The large quantity of savory seeds keeps the cabbage crunchy, similar to salt.

1. Chop cabbage; mix about 1 Tbsp each of caraway, celery and dill seeds, and grind them with a mortar and pestle or other grinder.
2. Mix seeds with grated cabbage and tamp it tightly into a jar. Add a little filtered water (about 1 cup) to bring the brine above the cabbage level, then weight as described above (Wine Kraut, step 2) and proceed through Wine Kraut steps 3 - 5.

## Seaweed Sauerkraut

1. Dulse or any other seaweed will work. Take a good handful of dried seaweed, about an ounce, cut it into small pieces with scissors, then soak it in hot water to rehydrate for 30 minutes or longer.
2. Mix soaked seaweed with chopped cabbage, along with any other veggies or seasonings, and pack tightly into jar. Add the seaweed soaking water as necessary until the water rises above the level of the cabbage. Weight as described above (Wine Kraut, step 2) and proceed through Wine Kraut steps 3 - 5.

## Traditional Brine Ferments

*from Jeanette Cheney*

Any of the following veggies may be used:

Red cabbage	Green cabbage	Celery
Carrots	Broccoli	Cauliflower
Any other veggies (root veggies do best)		

Flavoring ingredients:

Caraway seeds	Unrefined sea Salt
Onion and garlic (pureed to mix evenly)	Purified water (distilled is best)

1. Shred veggies in food processor, using top-mounted shredding blade [or use a kraut board]. Place in a very large bowl and sprinkle caraway seeds on top. Add onion-garlic puree. Mix well until flavor is consistent.
2. Using a 2-cup measure, place a few inches of mixture into a sterilized, non-lead-glazed crock. Tamp down with a round potato masher, sprinkling in a pinch of salt on top of each layer. Add more layers of veggies & salt, tamping each layer down.
3. When you have filled the crock (not closer than 6" from the top), place the weighting stones on top of the veggie mixture (or else you can place a few fresh cabbage leaves on top, weight with sterilized rocks).
4. Fill crock with brine solution (1 TBS of salt per quart of purified or distilled water). Let sit for a few minutes. Add enough brine solution to cover the weighting stones by 2 " or more.
5. When fermentation is done (4-6 weeks), put the ferment in sterile, glass jars with the juice. Leave two inches at the top of each jar for fermentation if storing in basement. You need only a little space if storing in the refrigerator.

## Grain Ferments

### Sourdough Starter

*by Veronica Honthaas*

Place 1 - 2 cups freshly ground whole wheat flour in a glass jar or quality ceramic container. Add enough non-chlorinated water to make a muffin-like consistency. Cover with cloth secured with rubber band and place in room temperature location.

Each day take out about half of the batter and add some additional flour and water. Stir well. Continue this process for about 5 to 7 days. When the mixture gets nice and bubbly and smells slightly sour, it is ready.

Starter can be stored on the counter if you use it about twice a week. If you do not use it that often, it should be stored in the fridge.

Starter must always be covered with a cloth or be in a nice ceramic canister with a lid that will allow carbon dioxide to escape.

Feed your starter at least once a week. If you forget to feed it for a few weeks it may take a number of feedings to get it back in shape. When in doubt....FEED. The more you feed the better.

**Remember:** Starter must always be freshly feed about 6 to 12 hours before you need to use it.

### Using Starter

1. The day before you need it for baking, take starter out of the fridge. Take half of it out and feed it with additional flour and water. Let it sit at room temperature and grow bubbly again.
2. Sometimes our starters get tired and need a few extra feedings to become really lively again. The more life in your starter, the better the bread. When in doubt, FEED IT!
3. If at any time your starter looks moldy or smells rotten, just throw it out and make a new starter from scratch. [Cat's note: the brownish liquid that forms at the top is called hooch, and is alcoholic. This is a normal product; either stir it into the starter when feeding, or pour it off.]

### Final Notes

- Fresh ground whole wheat bread does not require store bought yeast.
- No kneading is required (just mix in the bowl with your hand).
- Bread consists of flour, water, starter and a tad of salt. It is simple, hearty, delicious and easier to digest than regular bread (gluten breaks down with fermentation).
- In addition to fresh bread, your sourdough starter will make the very best pancakes and muffins.

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## Rejuvelac

by Jeanette Cheney

Rejuvelac was invented by Dr. Ann Wigmore, founder of the Hippocrates Health Institute. It is a refreshing, lightly tart and fizzy drink which furnishes vitamins, minerals, enzymes, proteins and healthful micro-organisms.

### Ingredients:

1 cup Organic soft spring wheat berries                      filtered water

Sprouting device - use any of the following:

- 2-quart (half-gallon) wide-mouthed glass jar with clean cotton cloth or screen top
- Mesh strainer with drip bowl or pot
- Sprouting bag

- **Rinse** wheat berries in water to remove dust and debris.
- **Sprout:** Soak the grain in 3 cups filtered water for 12 - 15 hours. Drain, rinse and transfer to sprouting device. Sprout for 2 - 3 days, rinsing with filtered water twice a day. If using a jar, lay it at 45-degree angle (to drain and allow air flow).

If using a strainer, make sure the bottom does not contact the bottom of the drip container. Both devices need to be covered with a towel (germination takes place in the dark)

- **Make Rejuvelac:** In a blender, lightly pulse the sprouts and 1 quart of water to break open the wheat sprouts, Transfer the mixture plus another quart of water to the 2-quart jar, cover with clean cotton cloth and place in shade (best at 65 - 70 degrees). Allow to ferment for 24 - 48 hours.

Stir the mixture twice daily to distribute the friendly bacteria, and break down the starch into the wheat. It should smell good (bad smell is bad bacteria).

- **Enjoy:** Strain the liquid and start consuming 6 - 8 oz per day. Refrigerate the rest for up to 2 or 3 weeks. Discard if the flavor or smell is not crisp and tart.
- **Reuse:** These same wheat berries should be used a second time. Then blend or grind the spent sprouts to a paste and dehydrated into crackers or Essene bread. Or scatter them into trays as the first step in growing Wheat Grass.

### Notes:

- 1) This sprouting process is also used for making wheatgrass or sprouted grain bread & Cookies. (See [Sprouting & Juicing with Robben Leingang](#) for more).
- 2) All bacteria and yeasts have an optimum incubation temperature and pH. Refrigeration as well as high temperatures may encourage the growth of bad organisms. In hot weather, a little lemon juice in the water at the start of fermentation may be beneficial.

See [Lacto-Fermentation Recipes: Condiments & Beverages](#) for another version.

## Other Fermented Grain Recipes

- [The EssentialList: 'Sourdough' Pie Crust](#) (printable pdf file)
- [The EssentialList 'Sourdough' Oatmeal Porridge](#) (printable pdf file)
- [Using Soaked Flour in Recipes](#) (printable pdf file)

## Seed, Nut & Dairy Milk Ferments

### **Pepita (Pumpkin) Seed Milk and Kefir**

*adapted from 'Wild Fermentation' (3)*

Any edible seeds or nuts can be used, but pepitas have an especially nice flavor.

- |   |                                       |
|---|---------------------------------------|
| 1 cup pepita seeds                            | filtered water                        |
| 1 tsp non-GMO lecithin (optional as a binder) | 1 Tbsp kefir grains per quart of milk |

1. Grind seeds in a blender into a fine meal. Add 1/2 cup of the water and blend into a paste. Add 3 cups water and all of the lecithin (if using), and blend some more.
2. Strain through cheesecloth, pressing to squeeze moisture from the seed solids (reserve solids to add to breads).
3. Add more water, a little at a time and stir, until desired consistency is reached. Store in fridge and stir before use.

To make kefir from pepita milk:

1. Add kefir grains. Leave together in a jar at room temperature for 1-2 days. Then strain out the curds. (See [The EssentialList: Using Kefir Grains](#) for more about using kefir grains.
2. OR you can use powdered kefir culture as described below.

## Yogurt

*From Jeanette Cheney*

1 quart milk (skim milk, 2% or whole milk or goats milk, [raw milk], soy or nut milk)  
dry culture (WEC sells Natren brand, Ygourmet is another brand available locally) or  
plain, unsweetened “live” yogurt (commercial or from a previous batch)

1. Heat milk to 180° F (scalding; just below boiling) for 5 minutes, then cool to 110° F. For soy milk, you may thicken with powdered agar (about 1 tsp per quart).
2. Dissolve 1 tsp dry culture (or a few tsp yogurt) in 1 Tbsp of warm milk, then add back to quart. Pour mixture into jar(s), screw on lids, and place in yogurt maker (or in a warm place where temperature is maintained at 106° - 110° F.
3. Leave jar(s) undisturbed for at least 8 hours, and do not let temperature fall below 106° F. Check for consistency after 8 hours (should be custard-like if using cow’s milk and a little more liquid if using goat’s milk). Process longer if necessary and check every hour.
4. Refrigerate immediately and wait until yogurt is cold to stir in any amendments such as fruit, extracts of lemon or orange, or a sweetener (stevia, maple syrup or other natural sweetener). NOTE: be sure to save some of the plain yogurt for starting your next batch. Yogurt lives for 6 - 7 days, but is too old to serve as a starter after just 5 days.

Success in yogurt-making depends on several things: clean equipment, a good culture, properly maintained temperatures, and milk that is free of antibiotics. Be sure that you have heated milk to a full 180° F before allowing it to cool to 110° F, and do not allow the mixture to cool below 106° F.

### **Cat’s Notes:**

1. All dairy milk must be heated to 180° F then cooled to 110° F, even raw milk, to keep it from separating before it can form yogurt.
2. Yogurt doesn’t like to be crowded, so avoid temptation to add more than 1 tsp yogurt per quart milk (or 1 packet powdered culture per quart milk).
3. After mixing in the starter, disturb as little as possible, or the milk will separate.
4. My yogurt is usually ready in 6-7 hours; whey begins to separate after that. And it is still an active starter after 20 days! if kept in the fridge.
5. You can add other probiotics to the culture (but not an entire capsule), preferably *lactobaccillus* or *bifidus species*.

See also ESP printable pdf files:

- [The EssentialList: Making Yogurt at Home: a Photo Essay](#)
- [The EssentialList: Yogurt & Kefir, from Powdered Culture](#)



### **Kefir from Powdered Culture**

*from Jeanette Cheney*

1 quart milk

Yogourmet Powdered Kefir culture

[NOTE: Yogourmet kefir is only good for one batch; you won't get a good result if you use part of a previous batch to make a new batch.]

1. Heat pasteurized milk to 180° F for 5 minutes, then cool to 74° F. [If using raw milk, just heat to 75° - 90° F].
2. Dissolve one packet of culture in a small amount of the cooled milk in a cup. Pour back into the quart and mix well.
3. Pour mixture into a clean bottle or jar, cover, and let stand at room temperature until curd forms (about 24 hours).
4. Refrigerate about 8 hours to stop the fermenting process. The mixture will continue to thicken in the fridge. Stir or shake to liquify and get rid of clumps. Keep stored in fridge. [Cat's note: if whey separates, give it a good shake before serving].

[Cat's Note: Kefir culture from Body Ecology or New England Cheesemaking Co. (see sources) can be used to make 7 or more batches of kefir from a previous batch.

1. Pasteurized milk: make as above, substituting the reuseable culture.
2. For raw milk, just heat to 75° - 90° F, then follow above instructions beginning with step 2, substituting the reuseable culture.
3. To make future batches, follow Kefir from Commercial Kefir instructions below, but use only ¼ cup plain kefir per quart of milk.]

### **Kefir from Commercial Kefir**

*from Jeanette Cheney*

1 quart milk

½ cup plain Kefir

1. Warm milk to 75° - 90° F; stir in ¼ - ½ cup kefir per quart of milk. Let sit at room temperature for 12 - 16 hours. Refrigerate. Shake well before serving.

### **Nut Milk Kefir**

*from Jeanette Cheney*

1 quart nut milk or coconut milk

½ cup plain Kefir

1. Add starter to nut milk in jar; shake jar to blend. Let sit at room temperature for 2 days (covered with a cloth to keep in dark). Transfer to refrigerator.

See also ESP printable pdf files:

- [The EssentialList: Yogurt & Kefir, from Powdered Culture](#)

- [The EssentialList: Using Kefir Grains](#)

## Kombucha

(from Jeanette Cheney)

Kombucha, also known as the Manchurian or Kargasok mushroom, is not a mushroom but rather a mixture of bacteria (including *Acetobacter xylinum*, *Acetobacter ketogenum* and *Pichia fermentans*) and yeasts (usually of the genera *Saccharomyces*, *Brettanomyces* and *Zygosaccharomyces*).

Kombucha is prepared by incubating the “mushroom” in sugared black tea. The resultant tea is mildly effervescent and has a cider-like acid taste. The “mushroom” can be cultured from commercially available Kombucha or acquired from someone who already has the mixture in process.

It is revered by many cultures for hundreds, perhaps thousands of years, to promote well-being, and is purported to provide the following benefits:

- Acts as a gentle laxative, helping avoid constipation.
- Aids in the relief of arthritis.
- Cleanses the colon and gall bladder.
- Aids in healthy digestion
- Relieves colitis and stomach cramps.
- Returns gray hair to it's natural color.
- Helps stop non-infectious diarrhea.
- Relieves bronchitis and asthma.
- Clears up Candida yeast infections.
- Regulates the appetite and reduces fat.
- Aids with stress and insomnia.
- Improves eyesight, cataracts & floaters.
- Relieves migraines & other headaches.
- Puts Lupus into remission.
- Helps reduces the alcoholic's craving for alcohol.
- Eliminates menopausal hot flashes.
- Clears acne, psoriasis and other skin problems.
- Thickens hair and strengthens fingernails.
- Enhances the sense of smell.
- Vitalizes the physical body and adds energy-including sexual energy!

Kombucha “mother” can be purchased; see Sources.

## Kombucha Tea

*from Jeanette Cheney*

1 gallon filtered or distilled water            4 - 5 bags (or 1/4 cup loose) Organic black tea  
1 cup sugar    8 - 16 oz. last week's Kombucha  
1 Kombucha 'mushroom' ('mother')            1-gallon glass jar (see sources)

1. Boil water to sanitize (If using distilled water, boil only 2 cups for making the tea and use room-temp distilled water to cool off).
2. Remove from heat; add Organic black tea (should be black to control bacteria, not herbal or green tea). Add sugar; simmer until dissolved. Let steep until it is less than 100 degrees.
3. Strain through clean cloth or fine mesh strainer into a sanitized 1-gallon wide mouth glass jar. You may reserve up to 1/5 of the black tea to place in another glass container for making 'mother starters' for friends.
4. Add 8 - 16 oz of last week's Kombucha and pure water until the liquid level is to the top of the widest part of the jar (before it bends to narrow). Float your freshly rinsed "mushroom" on top (shiny side up).
5. Cover with paper towel secured by rubber band; store in warm, dark place for 7 - 21 days. The longer the time, the more bubbles and tartness. It is ready to drink when the flavor suits your taste.
6. Pour through strainer into glass bottles and store in fridge or cool place. Save some Kombucha tea as a starter for the new batch (step 4).

### SPECIAL NOTES (*from Jeanette Cheney*)

- All preparation of ferments should be under **very strict sterile conditions**. **Keep everything very clean!!** Use disposable paper towels, not cloth towel.
- If the "mother" does not float, it may be too heavy. Every week your mixture will make a new, thin "mother" or add a layer to the old one.
- This is a live culture so it must never be raised over 105 degrees.
- You can store the finished Tea in the fridge or keep at room temp. It will continue to get stronger if kept at room temperature.
- Kombucha tea should taste good . . . fresh and crisp like cider. If it does not taste good do not drink it. It should be bubbly!
- Check out this website for more information: [Kombucha Unveiled](#)

### NOTES (*from Nourishing Traditions, (4)*):

- Do not wash kombucha jars in the dishwasher.
- Store fresh 'mushrooms' in fridge in a glass or stainless steel container - never plastic. A kombucha 'mushroom' can be used dozens of times. If it begins to turn black, or if the resulting kombucha doesn't sour properly it's a sign the culture has become contaminated (best to compost and order a new, clean one).

## **Peach Flavored Kombucha Tea**

*from Jeanette Cheney*

Basic Recipe (above) plus: 2 peach tea bags

Follow basic recipe (above) to prepare your tea. Then add 2 peach tea bags in addition to the others. Celestial Tea makes an excellent Herbal Peach Tea. Steep the tea for 15 minutes and continue following the normal preparation of your tea. This recipe works when using both black as well as green tea.

### **References**

1. Jeanette Cheney
2. Veronica Honthaas
3. “*Wild Fermentation*” by Sandor Elix Katz
4. “*Nourishing Traditions*” by Sally Fallon & Mary G. Enig, PhD.
5. [Kombucha Unveiled](http://users.bestweb.net/~om/~kombu/FAQ/parto1h.html) ([users.bestweb.net/~om/~kombu/FAQ/parto1h.html](http://users.bestweb.net/~om/~kombu/FAQ/parto1h.html))

### **Sources, and For More Information**

#### **Sources**

Kombucha “Mother” [NOTE: these sources have not been verified to be current]:

- Laurel Farms, PO Box 7475, Studio City, CA 91614; (310) 289-4372
- AF Distribution, PO Box 19037, Enico, CA 91416; (818) 708-2299
- Kombucha America, PO Box 1705, Point Roberts, WA 98281-1705; (360) 603 4075; Fax (815) 550-2799

Gallon Jar for Kombucha, Kombucha “Mushroom,” and Kombucha Kits:

- Wellness Education Center, 103 Ponderosa Ln., Kalispell, MT, 755-8423

Kefir Starter (reusable)

- [Body Ecology](http://www.bodyecology.com) (866-533-4748 or [www.kefir.net](http://www.kefir.net))
- [Wilderness Family Naturals](http://www.wildernessfamilynaturals.com/kefir_culture.htm) ([www.wildernessfamilynaturals.com/kefir\\_culture.htm](http://www.wildernessfamilynaturals.com/kefir_culture.htm))
- [New England Cheesemaking Supply](http://www.cheesemaking.com/store/p/146-Kefir-2-packets.html) ([www.cheesemaking.com/store/p/146-Kefir-2-packets.html](http://www.cheesemaking.com/store/p/146-Kefir-2-packets.html)).

Kefir Starter (Yogourmet, not reusable)

- Wellness Education Center (WEC), 103 Ponderosa Ln, Kalispell, MT; 755-8423
- Withey’s, 1231 S Main, Kalispell, MT; 755-5260
- Mountain Valley Foods, 25 Commons Way, Kalispell, MT; 756-1422

### **Related ESP printable pdf files**

- [The EssentialList: Lacto-Fermented Vegetables, by Don Bates](http://essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-DBates_EsL.pdf)  
(essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-DBates\_EsL.pdf)
- [The EssentialList: Lacto-Fermentation Recipes: Condiments & Beverages](http://essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-Condmt-Bevg_EsL.pdf)  
(essentialstuff.org/wp-content/uploads/2011/07/LactoFerm-Condmt-Bevg\_EsL.pdf)
- [Gathering Summary: Homemade Sauerkraut, & introduction to Lacto-Fermentation](http://essentialstuff.org/wp-content/uploads/2009/02/sauerkraut-mhoerner_102208.pdf)  
(essentialstuff.org/wp-content/uploads/2009/02/sauerkraut-mhoerner\_102208.pdf)
- [The EssentialList: Pickling & Lacto-Fermentation Intro, Sources, & Recipes](http://essentialstuff.org/wp-content/uploads/2009/02/picklingsources_esl.pdf)  
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- [The EssentialList: Sauerkraut – 3 Recipes Including Melanie’s Recipe](http://essentialstuff.org/wp-content/uploads/2009/02/sauerkraut2_esl1.pdf)  
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- [The EssentialList: ‘Sourdough’ Pie Crust](http://essentialstuff.org/wp-content/uploads/2011/05/PieCrust-Ferment_EsL.pdf)  
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- [The EssentialList ‘Sourdough’ Oatmeal Porridge](http://essentialstuff.org/wp-content/uploads/2011/06/OatmealPorridge-Ferment_EsL.pdf)  
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- [Using Soaked Flour in Recipes](http://essentialstuff.org/wp-content/uploads/2011/05/soakFlour-QBconv_cmprs.pdf)  
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- [The EssentialList: Yogurt & Kefir, from Powdered Culture](http://essentialstuff.org/wp-content/uploads/2009/02/yogurt-kefir_esl.pdf)  
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