

Lactofermented Foods

Lactofermented foods are foods that are fermented with naturally occurring bacteria that are beneficial to your gut microbiome (ecosystem of bacteria in your intestines). The prefix "lacto" is used in lacto-fermentation because it involves a species of bacteria called "Lactobacillus" that creates a byproduct lactic acid during the fermentation process.

Foods that are made using this technique can be found at health food stores, and commonly include such foods as kimchi, sauerkraut, pickles. Ensure that they are made via lactofermentation rather than pickled in vinegar, which is the more common process.

You can eat these fermented foods as an accompaniment to your main dish or even as a topping. If you are up to try lactofermenting vegetables at home, it is actually quite easy.

Lactofermenting Vegetables Recipe

Ingredients

1-quart glass jar with plastic lid (these lids can be found at food or hardware stores or ordered online)

Various vegetables, alone or in combination, cut into strips, chunks or sticks: carrots, mini cucumbers, cabbage, peppers, beets, green beans, cauliflower

Various herbs for flavor, alone or in combination, torn into chunks: basil, dill, bay leaves, rosemary, tarragon, sage, thyme, mint

1 litre filtered water

3 tbsp unprocessed sea salt

1. Dissolve sea salt in boiled filtered water, and allow to cool to room temperature; this is your brine solution.
2. In 1-quart mason jar, fill with cut vegetables and herbs of your liking to 1.5 inches from top of jar.
3. Fill with brine solution such that vegetables and herbs are fully submerged. If they do not stay below the surface of the brine, you can wedge a piece of cabbage leaf to hold them under the brine. Cover jar with plastic lid.

4. Leave jar at room temperature for 5-7 days sitting in a baking dish (for potential spills or leaks), ensuring that you burp the lids (ie. open them to allow gases to escape) at least once a day starting on day 2 to prevent containers from potentially bursting.
5. When the vegetables smell and taste fermented (feel free to start taste-testing them after a couple of days), you can put the jar into the fridge to slow the fermentation process.
6. These should last in the fridge for a good to 2-3 months

**** Talk to your doctor before making any changes to your health program ****