



## HOW TO MAKE LACTO-FERMENTED FOODS

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Lacto-fermented fruits and vegetables are meant to be eaten in small quantities as condiments, not as a large part of your meal. They go wonderfully with meats and fish as well as with grains and pulses. This is just a small sampling of the many wonderful foods you can make using lacto-fermentation. There are lots of great recipes to choose from on the web and in several great books. We recommend the following books: [Nourishing Traditions](#) by Sally Fallon, [Truly Cultured](#) by Nancy Lee Bentley and [Wild Fermentation](#) by Sandor Katz. There is also a lot of good information at [www.culturesforhealth.com](http://www.culturesforhealth.com). The majority of the following recipes come from the book [Nourishing Traditions](#) by Sally Fallon.

**Whey and Cream Cheese** - Whey is a necessary ingredient for all of the following recipes.

1 quart plain, organic yogurt (preferably not pasteurized)

Line a large strainer set over a bowl with a clean dish towel. Pour in the yogurt, tie up the corners of the towel and hang from a wooden spoon over a container to catch the whey. Let stand at room temperature overnight. The whey will run into the bowl and the milk solids will stay in the towel. When it stops dripping, it's done. The liquid that dripped out is the whey. Store the whey in a mason jar in the refrigerator for up to 6 months. The solids left in the towel are cream cheese. Store the cream cheese in a covered glass container – it can be stored in the refrigerator for up to a month.

**Sauerkraut** – Makes 1 quart

1 medium cabbage, cored and shredded

1 tablespoon caraway seeds

1 tablespoon sea salt

4 tablespoons whey (if not available, use an additional 1 tablespoon salt)

In a bowl, mix cabbage with caraway seeds, sea salt and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but improves with age.

**Ginger Carrots** – Makes 1 quart

4 cups grated carrots, tightly packed

1 tablespoon freshly grated ginger

1 tablespoon sea salt

4 tablespoons whey (if not available, use an additional 1 tablespoon salt)

In a bowl, mix all ingredients and pound with a wooden pounder or a meat hammer to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices cover the carrots. The top of the carrots should be at least 1 inch below the top of the jar. Cover tightly and leave at room temperature about 3 days before transferring to cold storage.

**Salsa – Makes 1 quart**

4 medium tomatoes, peeled, seeded and diced  
2 small onions, finely chopped  
¾ cup chopped chile pepper, hot or mild  
6-8 cloves garlic, peeled and finely chopped (optional)  
1 bunch cilantro, chopped  
1 teaspoon dried oregano  
Juice of 2 lemons  
1 tablespoon sea salt  
4 tablespoons whey (if not available, use an additional 1 tablespoon salt)  
¼ cup filtered water

Mix all ingredients and place in a quart-sized, wide-mouth mason jar. Press down lightly with a wooden pounder or a meat hammer, adding more water if necessary to cover the vegetables. The top of the vegetables should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 2 days before transferring to cold storage.

**Lacto-Fermented Cranberry Chutney – Makes 1 quart**

3 cups cranberries  
½ cup of pecans (or other nuts)  
½ cup rapadura (unrefined sugar with minerals still present)  
2 teaspoons sea salt  
½ cup of whey  
½ cup of apple juice  
1 teaspoon of cinnamon  
½ teaspoon of cloves  
Juice from 1 orange  
Juice from 1 lemon  
½ cup of raisins

Pulse everything in the food processor. Place in a quart-sized mason jar and press down lightly. Add more water if necessary to cover. The mixture should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for 2 days before transferring to cold storage. Eat within 2 months.

Dr. Holly Carling is a Doctor of Oriental Medicine, Licensed Acupuncturist, Doctor of Naturopathy, Clinical Nutritionist and Master Herbologist with over 33 years of experience. Dr. Carling is currently accepting new patients and offers natural health care services and whole food nutritional supplements in her Coeur d' Alene clinic. Visit Dr. Carling's website at [www.vitalhealthandfitness.com](http://www.vitalhealthandfitness.com) to learn more about Dr. Carling, view a list of upcoming health classes and read other informative articles. Dr. Carling can be reached at 208-765-1994 and would be happy to answer any questions regarding this topic.