



Cooking God's Way

**LACTO-
FERMENTING**

The Easy & Healthy Way

by Shannon M. Pearce

Benefits • History • Methods

Recipes the Whole Family will Enjoy!

Lacto-fermenting: The Easy & Healthy Way

by Shannon M. Pearce

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This book is dedicated to
my wonderful husband and
terrific children.

I thank God for giving me
such great blessings.



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Introduction

The process of lacto-fermentation has been around for centuries. It was used by many traditional cultures around the world. Though, somehow this process was lost in our modern society, and along with it the great health benefits that it provides.

In this book I will share with you some of the history, tools, and methods of lacto-fermentation available to you today. With the tips and suggestions in this book you can even get your kids to become lacto-fermented foodies. As a parent myself, I can say it is so great to see my children snacking on fermented veggies. How many of us wish that we would have gained that “good” habit as a young child?

The benefits of eating fermented foods goes beyond the fact that you are eating vegetables. The foods are super-charged with beneficial probiotics, enzymes, and vitamins; therefore arming your body with a protective and well-functioning immune system.

I know that you will enjoy the many recipes included within this book. My family and I enjoy these fermented foods on a regular basis. All the recipes have been tried and tested in a real life kitchen like yours.

So take hold! Only you can take the first step...

To good health.

Shannon

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The History of Lacto-fermentation



Lacto-fermentation - the name itself may sound somewhat strange. Is this something new and high-tech in the food arena? Actually, lacto-fermentation has been around in the U.S. since the start of our nation and in other countries of the world it is part of their history dating back centuries.

Most of us are familiar with one common food that started its history as a fermented food stuff, "Sauerkraut". When we think sauerkraut we equate it with the Germans, but in fact it is thought to originate over 2,000 years ago with the Chinese.



The 14th-century Persian manuscript shows Genghis Khan and three of his four sons - Rashid al-Din 1305.

Laborers who were building the Great Wall of China ate Chinese sauerkraut that was made from shredded cabbage fermented in rice wine. The Germans more than likely picked it up from Genghis Khan (1162-1227) after he plundered China. This "sour cabbage" became a main stay of the German food menu after substituting salt for the rice wine.

James Cook (1728-1779) the English Sea Explorer carried sauerkraut on all his sea voyages to help prevent scurvy, along with a varied diet and fresh vegetables. Sailors of the day were against innovation and at first would not eat the sauerkraut. Cook used an old sea captain trick. He ordered that the sauerkraut was to be served to only himself and all his officers, and left an option for the crew. Within a week of seeing their superiors set a value on it, the demand was so great that a ration was established. In all his voyages, many of them lasting several years, Captain James Cook did not lose a single sailor to scurvy.



Captain James Cook

America received the gift of sauerkraut and other lacto-fermented foods from immigrants during the great building of the people of our nation. We have only explored the rich (sour) history of Sauerkraut here. Other fermented foods like Kimchi, a spicy Korean Sauerkraut that is still eaten today at every meal, along with Cortido, a Latin American Sauerkraut, have deep roots as well. There are more lacto-fermented foods to explore, that also have just as interesting a history, but we will leave that for another time.

For now we can enjoy the fact that we are rediscovering healthy foods that our forefathers were very familiar with and partook of often. As you experience the great taste and health benefits of lacto-fermented foods I am sure they will become a staple in your family's food menu.



Lacto-fermented Foods & Your Health



The traditional process of lacto-fermentation produces nutrient-dense, “living foods”. It is the predecessor to modern day canning and preserving, a way that our ancestors and traditional cultures preserved their food.

Lacto-fermentation happens when the natural starches and sugars found within vegetables and fruits are converted to lactic acid by the friendly bacteria lactobacilli. The term “lacto” in lacto-fermentation, refers to the production of lactic acid. This acid is a natural preservative, inhibiting the growth of putrefying bacteria. Of all the acids common to food preservation, lactic acid is the one most easily used by the body and does not cause over-acidifying effects.

Three “Key” Benefits of Lacto-fermented Foods:

Nutrient Dense - Lacto-fermented foods contain many more nutrients by volume than most unfermented foods. Nutrient dense foods make it much easier for the digestive tract to absorb the nutrients, minerals, and vitamins contained in the food. Keep in mind that most lacto-fermented foods are still considered raw, leaving the enzymes, nutrients, vitamins, and minerals unharmed since they have not been heat processed.

Some nutrients, vitamins, and minerals are easier for the body to absorb after lacto-fermenting because their state has been “enhanced”, making them more readily available to the body; calcium is one such mineral.

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THE RECIPES

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Salsa's Relishes & Dips



These lacto-fermented salsa's, dips, and relishes are a great accompaniment to any meal — adding spice and lively taste to most foods. Bring a few along to the next family picnic or get-together, as they are sure to be enjoyed.

Black Bean Dip

This dip is wonderful for parties or other get-togethers, and will be enjoyed by many unaware of the great health benefits. For best taste, serve at room temperature.

INGREDIENTS

- 3 cups cooked, drained, black beans or pinto beans (home-cooked, not canned)**
- 1/2 of a medium onion**
- 1 clove of garlic, peeled (or more to taste)**
- 2 teaspoons unrefined sea salt**
- 1/4 cup whey**

EQUIPMENT

- 1-Quart wide-mouth mason jar with air-lock lid**

In the bowl of a food processor, add the onion and garlic, pulsing to mince. Add in the beans and sea salt. Process until a paste forms.

Add in whey and process until desired consistency is reached. Scoop bean dip into a quart-sized jar. Tap gently on counter to remove air pockets.

Place the lid with air-lock on jar tightly. Fill air-lock with filtered water to "fill line". Let ferment, at room-temperature, for 3 days. Check daily, tamp bean mixture down if needed.

Remove air-lock system and replace with storage lid. Transfer to cold storage.

Makes 1-Quart.

Hummus

(Garbanzo Bean Dip)

Hummus makes a great healthy snack when served with fresh veggies along side. Serve at room temperature drizzled with olive and/or sesame oil and topped with a dusting of paprika

INGREDIENTS

3 cups cooked, drained, garbanzo beans
(home-cooked, not canned)

1/4 cup fresh lemon juice

2 cloves garlic, peeled

2 teaspoons unrefined sea salt

1/2 to 1 teaspoon ground cumin, to taste

1/8 teaspoon ground cayenne, or to taste

1/4 cup whey

2 to 4 Tablespoons filtered water

OR some reserved cooking liquid from beans

EQUIPMENT

1-Quart wide-mouth mason jar with air-lock lid

In the bowl of a food processor, add the garlic and pulse to mince. Add in the beans, lemon juice, sea salt, whey, cumin, and cayenne. Process until a paste forms.

Add in filtered water (or bean cooking liquid), a little at a time, until desired consistency is reached. Scoop bean dip into a quart-sized jar. Tap gently on counter to remove air pockets.

Place the lid with air-lock on jar tightly. Fill air-lock with filtered water to "fill line". Let ferment, at room-temperature, for 3 days. Check daily, tamp bean mixture down if needed.

Remove air-lock system and replace with storage lid. Transfer to cold storage.

Makes 1-Quart.

**To view the rest of this book
and its health-building
recipes, purchase a copy at:**

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