

STACE'S FERMENTING WORKSHOP

Recipe Book

STACEY CLARE



HI THERE

You might be new to fermenting, already be buying a thing or two or even making your own. Whatever your journey, you're in the right place. I can help.

So what's so great about fermenting?

I'll cover this off in more detail at the workshop, but in short.

1) Your digestion

will love it Fermented foods are actually partially digested foods. Meaning the fermentation has done some of the heavy lifting for you, so digesting them is easier. i.e. the fermentation in yogurts, ghee and kefir help lactose-intolerant people digest many dairy foods. Same with sourdoughs for some gluten sensitivity etc..

2) Nutrient Absorption

The nutrients in the ferments and the foods you eat them with, will help you absorb more of the goodness in it.

3) Boost the Immune System

Because fermented foods are bacteria-based, they support the beneficial bacteria already in our digestive tract. These good bugs strengthen the immune system and help us ward off disease and illness.

4) Increased Vitamin Content

Fermented dairy products, such as kefir or yogurt, release more of the vitamins in foods that our bodies rely on to stay healthy, such as folic acid, B vitamins. Sauerkraut has K2 which is a known cancer fighter.

5) Longer Shelf Life

You'll get months (if not years) out of many of your ferments. Some sourdough starters have been going for 1000's of years.

6) Cuts your sugar cravings

Because you're re-populating the gut with these good guys. Plus the tartness of the ferments can ward off sugar cravings.

7) Improves Bubs Health

A healthy amount of good bacteria in mummies own system often transfers to her baby.

8) Weight Loss

Some fermented foods, such as sauerkraut, are high in choline, which can help lower blood pressure and metabolise fats more quickly.



So here's what to do next:

SHOW UP LIVE

If you make the time to show up live you'll get more from the masterclass. You'll be able to ask me questions, see how I do things and best of all, have the chance at winning your own 1-1 session with me.

PRINT THIS RECIPE BOOK

Print this recipe book out now so you have it for our workshop. Once we're on the live masterclass together, you'll be able to make notes, fill in the blanks etc.

GET SHOPPING

Go and grab what you need for the fermented recipes you want to try. You can make these with me. LIVE!

3 REASONS WHY FERMENTING WILL BE GOOD FOR MY FAMILIES HEALTH...

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3 FERMENTS I WANT TO TRY...

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Sauerkraut

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PREP: 15 MINS | FERMENTING TIME: 3-7 DAYS
SHELF LIFE: MONTHS TO YEARS

1 cabbage

1 tbsp good quality salt

4 tbsp whey

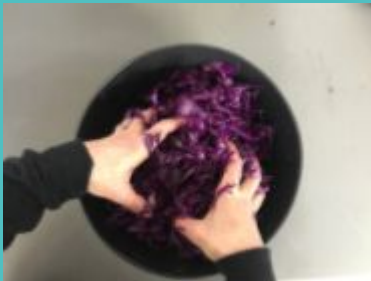
1 tbsp fennel seeds

2L glass jar

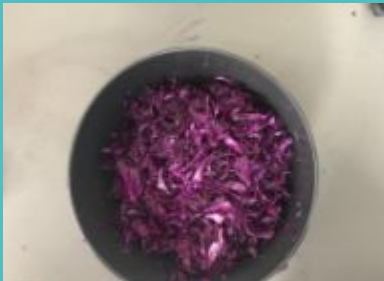
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STEP 1. Remove 3 - 4 outside leaves of the cabbage. Now, finely shred your cabbage and add it to a large bowl. You can use your food processor or thermomix for this process, but personally, I like doing it by hand.



STEP 2. Sprinkle 1 tbsp of salt over the top. If you're not going to use the whey method, add an extra 2 tspns of salt so that you can really kick things along. Give the cabbage a toss and leave it with a tea towel over the top for 3-4 hours. If you can, every so often give the cabbage a good squeeze. You can, skip the leaving method if you'd like to squeeze it now. Take 15-minutes and squeeze the cabbage until it's very well wilted and you have a few tbsp water at the bottom.



STEP 3. After it's sat, start giving it a massage. You want to see a good few tbsp water at the bottom. If you're using your whey, add that in now and give it another good toss / scrunch with your hands.



STEP 4. Gather your jar / jars and with the end of a rolling pin or X stick start really pressing the sauerkraut into the jar. You want it to be compacted with no air bubbles. This takes me a good 5-10 minutes.

STEP 5. Leaving 3cm from the top of the jar, make sure there's enough liquid covering the top and then add a cabbage leaf or two to the top so that it's well submerged. Pop your lid on and leave for in a dark area to ferment for 3 - 7 days.

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When's It Done?

You'll notice small bubbles that are starting to collect towards the top of the jar. That's great, that's it fermenting.

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Orange & Kombucha Gummies

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PREP: 5 MINS | SETTING TIME: 2-HOURS

CONSUMING GUIDELINES: 5 A DAY | SHELF LIFE: 4 DAYS +

1 cup cold-pressed orange juice

1 cup kombucha + extra 1/3 cup (you can use water)

4 tbsp gelatin

Optional: 1 tbsp rice malt syrup (Personally, I never use it)

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STEP 1. Pop the orange juice (and sugar if you're using it) in a saucepan over a low to medium heat. Meanwhile, pop the 1/3 cup of kombucha into a bowl and sprinkle the gelatin over the top. Give it a good stir so that it's all incorporated. This process is called 'blooming' your gelatin – basically making it soft.



STEP 2. Now, spoon the gelatin into the warm orange juice and stir until all the gelatin chunks are gone, this takes less than a minute (if your juice is warm enough). Then, turn off the heat and pour in the kombucha. You're trying not to heat your kombucha too much because that will kill all the good probiotic bugs that live in it.



STEP 3. Really lightly grease your moulds with coconut oil or line a 20cm-ish Pyrex container with baking paper. Then pour the jelly mixture in. I re-use my measuring cup for this, so it doesn't get too messy. Pop the filled moulds/container in the fridge to set for 3 hours.

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HOW BEST TO STORE THEM?



Pop the gummies out of the silicone moulds and store them in an air-tight glass container in the fridge. Add them to lunchboxes, just include an ice-brick if it's the middle of summer.

OTHER RECIPES STACE CAN HELP YOU WITH



Kombucha



Sourdough Crumpets



Fermented Fruits



Fermented Cashew Cheese



Fermented Orange Juice



Ghee



Coconut Yoghurt



Kefir



Fermented Veggies