

WESTMARK
MACH'S EINFACH!

We 
Fermentation



What is fermentation actually?

Fermentation is often described as „fermenting“. Fruit and vegetables are transformed during fermentation with the help of microorganisms (lactic acid bacteria).

Why do we ferment food?

1. fermented foods have a particularly long shelf life
2. vegetables stay fresh and are often more digestible
3. vegetables become soft and edible - without heating
4. lactic acid bacteria are said to have a positive effect on the intestinal flora and therefore also on general health
5. the vitamins contained in the food are preserved and even multiply
6. the natural fermentation creates new flavours

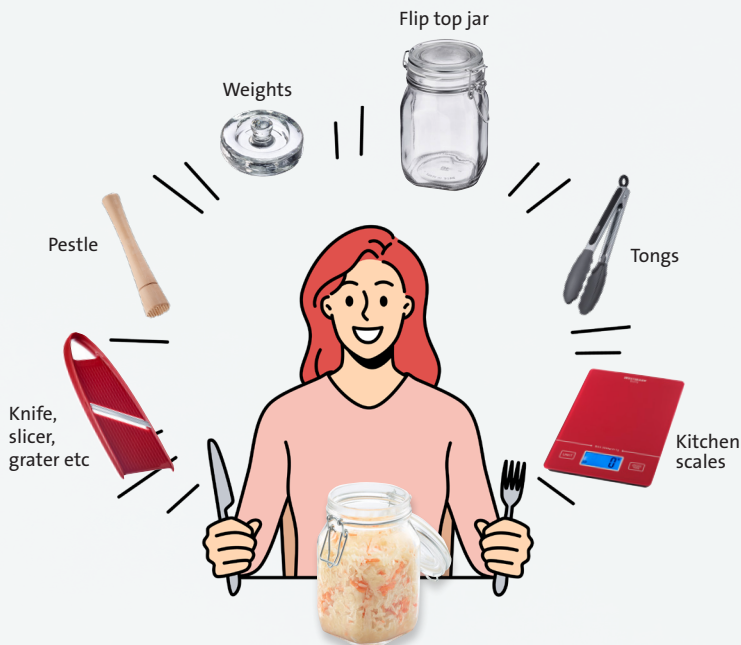
Which foods are suitable?

As a rule, all types of vegetables and fruit are suitable for fermentation. It all depends on your individual taste.

Cabbage, carrots, celery, fennel and root and tuber vegetables, for example, tend to be firm vegetables and remain firm in consistency even after fermentation.

Tomatoes, peppers, cucumbers and courgettes are naturally soft and tend to become even softer after fermentation.

Your **WESTMARK** - fermentation accessories :



You will also need unrefined quality salt, e.g. untreated rock salt.



Advantages of good equipment :



Flip top jars are ideal for fermenting. As gases develop during the process, the resulting pressure can escape - even when the jar is closed - thanks to the rubber ring. Otherwise, the jar could even burst.



Weights to weigh down the food in the jar are a real plus. They ensure that the vegetables remain in the liquid during the fermentation process and do not go mouldy.

Cleanliness is important! Jars and other aids should be very clean and, if necessary, rinsed (boiling) hot before they are used once they have cooled down again.

Chopped, whole or sliced?

Whether you chop your food for fermentation, leave it whole or slice it depends entirely on the vegetables. Compared to the chopped version, sliced vegetables release more water and do not necessarily require additional brine. We now present the procedures in more detail:

In pieces / whole:

in brine, e.g. garlic

1. prepare vegetables ready to cook
2. add spices and herbs
3. fill the vegetable pieces into the flip top jar
4. prepare the brine (20g rock or sea salt to 1 litre of cold water) and cover the vegetables with it
5. place weights on top and close the jar

Chopped:

directly mixed with salt, e.g. sauerkraut

1. prepare vegetables ready to cook and finely slice
2. weigh the vegetables and add 2% salt (e.g. 1000g vegetables \times 0.02 = 20g rock or sea salt)
3. mix everything well in a large bowl and knead until liquid forms
4. add spices and herbs
5. layer everything in jars and make sure that everything is covered with liquid
6. place weights on top and seal the jar

For both options - in brine or processed directly with added salt - the following applies: Vegetables must always be completely covered in liquid.

As a rule, the following applies: With 2-3% salt, a large variety of microorganisms ensure a good flavour



This is how long fermentation takes :

Step 1:

Storage 3 to 5 days - at room temperature (approx. 20-22 °C) Note: no direct sunlight

Step 2:

Store for 3 to 4 weeks - at approx. 8 °C (refrigerator or cellar temperature) to complete the lactic acid fermentation process. As a rule, the longer the storage period, the more acidic the vegetables can become.



Result:

The vegetables will now keep for several months. Once opened, we recommend storing them in the fridge (below 8 °C) and eating them soon.

Tip:

In general, it all depends on your individual taste. Try out different types of fruit and vegetables, combinations and storage times to find your favourite flavour!

What else you should know :

As it can happen that - due to the pressure - some liquid can escape from the jar, place a plate underneath as a precaution.

Caution - the following applies: vegetables under the brine! Wipe the rim of the jar clean to prevent mould from forming!

If the fermentation process does not work properly - and mould forms - the food must be disposed of!

WESTMARK
Recipes

Now it's your turn!

Grandma's sauerkraut

(with directly added salt)

Ingredients:
(for 4 portions)

500 g white cabbage
50 g carrots
some fresh ginger
1 apple
some juniper berries
1 tsp caraway seeds
2% salt

Your **WESTMARK** helper:



Fermentation tamper

Preparation:

1. Clean the white cabbage ready for use. Set aside two large cabbage leaves. Quarter the cabbage, remove the stalk and process the vegetable into small, fine strips.
2. Wash and peel the carrots and apple, then finely grate and add to the cabbage.
3. Add a little ginger to taste: peel the ginger with a spoon and cut into small pieces.
4. Mix everything well in a large bowl and weigh the vegetable mixture. Determine the 2% salt in grams and add.
5. Add the juniper berries and caraway seeds and knead until a brine forms.
6. Gradually pour the cabbage into a flip top jar and press down firmly with a tamper from time to time. This not only allows the oxygen to escape from the gaps, but also allows more liquid to emerge.



7. About 2-3 cm to the top of the jar should remain free. The cabbage must be completely covered by the brine. If this is not the case, you can leave the cabbage to stand for about 20 minutes. Then tamp again. Place the two cabbage leaves on top and press everything thoroughly under the liquid again.
8. Then place the glass weights on top.
9. Store the well-sealed jar at room temperature for about 2-3 days. The warmer the temperature, the faster the sauerkraut will ferment.
10. After the 2-3 days, the jar can be moved to the fridge or a cool cellar and stored for about 3 weeks.
11. The fermented sauerkraut can now be kept for several months. After opening, the jar should be stored in the fridge and the contents consumed soon.

Red cabbage with fennel

(with directly added salt)

Ingredients:

(for 4 portions)

- 1 red cabbage
- 1 fennel bulb, with green
- 2-3 carrots
- 1 apple
- 1/2 tsp turmeric
- 3 cloves
- 3 allspice grains
- 2% salt

Preparation:

1. Clean the red cabbage ready for use. Remove two large leaves from the red cabbage and set aside. Cut the remaining red cabbage into quarters, remove the stalk and finely slice.
2. Wash the fennel, put the fennel greens to one side for later and finely slice the fennel too. Wash the carrots and cut into fine, thin strips.
3. Place everything in a large bowl, mix and weigh. Determine the amount of salt and add.
4. Finely grind the allspice seeds and cloves in a mortar and add to the vegetables. Add the turmeric and knead everything vigorously until juice is released.
5. Wash the apple and cut into thin strips.
6. Mix in the apple strips and mix everything well again.
7. Pour a few spoonfuls of the red cabbage mixture into a wire jar and compact with a fermentation tamper. This prevents oxygen pockets in the jar and allows more liquid to escape.



8. Chop up the fennel greens and add them to each layer. Continue filling the jar in this way.
9. Leave about 2-3 cm to the edge when filling so that the glass weights still have enough space. The red cabbage must be completely covered with brine.
10. Finally, cover with the cabbage leaves and glass weights and seal the jar.
11. The red cabbage is now stored at room temperature for approx. 4 days.
12. Then leave to ferment for about 2 weeks in the fridge or in a cool cellar.
13. The red cabbage can now be kept for several months. After opening, the jar should be stored in the refrigerator and the contents consumed soon.



Tip:

How about a delicious red cabbage salad with a few extra freshly shredded carrots, walnuts, feta cheese and honey dressing?

Your
WESTMARK
helper:



Vegetable slicer
»V-PLUS«

Bush beans

(with brine)

Ingredients:
(for 2-3 portions)

600 g bush beans
½ bunch savoury
3 tbsp mustard seeds
1 tsp red peppercorns
1 clove of garlic
2% brine

4. Leave the beans to ferment at room temperature for about 5 days.
5. Then leave to continue fermenting in the fridge or in a cool cellar for about 2 weeks.
6. The beans can now be kept for several months. Once opened, the jar should be stored in the fridge and the contents consumed soon.

**Your
WESTMARK
helper:**

Skimmer
»Gallant Plus«

Preparation:

1. Wash and clean the beans and blanch for approx. 8 minutes. Then immediately rinse in ice water.
2. Finely chop the garlic clove and place at the bottom of the jar with the mustard seeds and savoury. Add the beans and sprinkle the peppercorns on top.
3. Leave about 2-3 cm of air to the rim when filling. Cover everything with the brine and weigh down with glass weights.



Garlic with herbs

- The all-rounder

(with brine)

Ingredients:

- 5 bulbs of garlic
- 1/2 lemon, untreated
- 1 tsp peppercorns
- a little rosemary
- 2% brine



Your
WESTMARK
helper:



Peeling knife
»Greta«

Preparation:

1. Put the peppercorns and rosemary in the flip top jar.
2. Peel the garlic cloves, cut in half and add with the squeezed juice of the lemon.
3. Dissolve 20 g of salt in one litre of cold water. Pour in the brine.
4. Leave about 2-3 cm of space to the top edge and make sure that everything is covered by the liquid.
5. Weigh down with glass weights and leave to ferment at room temperature for 6 days.
6. Then leave to ferment for a further 2 to 3 weeks in the fridge or in a cool cellar.
7. The garlic can now be kept for several months. Once opened, the jar should be stored in the fridge and the contents consumed soon.

Your **WESTMARK** - fermentation accessories :

Flip top jars

5000 ml

Art.-No. 6663 2270



2000 ml

Art.-No. 6662 2270



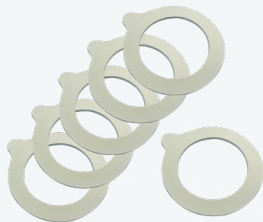
1000 ml

Art.-No. 6660 2270



6 Rubber rings

Art.-No. 4029 2270



Fermentation tamper

Art.-No. 1191 2270



Potato-/fermentation tamper

Art.-No. 1187 2270



4 Fermentation weights, \varnothing 70 mm
Art.-No. 4087 2270



4 Fermentation weights, \varnothing 80 mm
Art.-No. 4089 2270



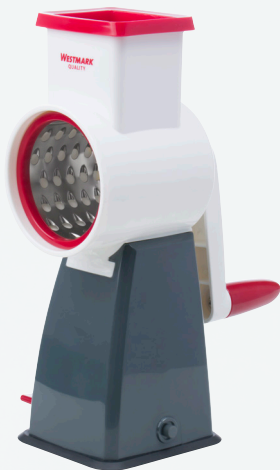
Measuring jug, 1000 ml
Art.-No. 3063 2260



**Kitchenscales
»Functiona«**
Art.-No. 3034 2260



Drum grater, Set: 6-piece
Art.-No. 9760 260



Dealer's address field



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