

Mad Millie
AS FRESH AS CAN BE

FERMENTING -CRÖCK-

BEGINNERS

— .. —
1 HOUR to set up.
2-3 weeks fermentation time.
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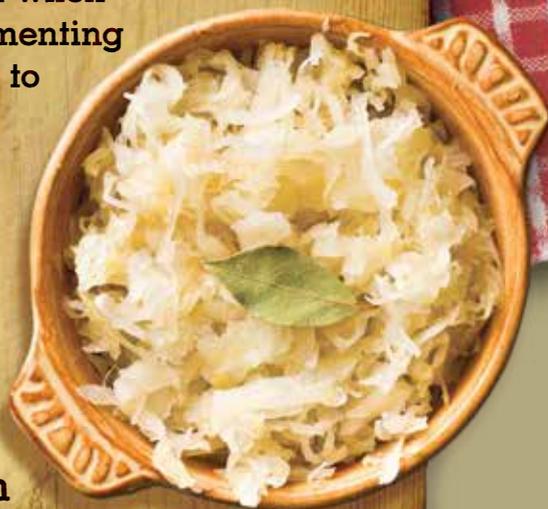
Makes:
Sauerkraut and Kimchi.
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Mad Millie

Fermenting Crock

A great way to get your daily vege intake and maintain a healthy lifestyle!

Numerous studies have shown the beneficial effects on health of fermented food, especially fermented vegetables such as sauerkraut or kimchi. Vegetables are loaded with vitamins and probiotics which are often destroyed when cooked or processed. Fermenting vegetables is a tasty way to preserve while locking in all the healthy nutrients and keeping the natural flora alive.



www.madmillie.com



**Watch our YouTube video if possible before starting.
They say a picture is worth a thousand words!**

Experiment with different vege combos!

Sauerkraut Makes approx: 2.4 L (2.5 US qt)



INGREDIENTS

- 2 medium sized white cabbages (approx 2.3 kg of chopped cabbage)
- 2.5 Tbsp of non iodised salt (either Mad Millie's Artisan Salt, unrefined salt, or natural sea salt)

EQUIPMENT

- Mad Millie 3 L Fermenting Crock with two traditional clay weights
- Knife and chopping board
- Large mixing bowl or pot
- Fork or spoon (for tasting and transferring to jars)

METHOD

- Sterilise all equipment thoroughly with Mad Millie steriliser or boiling water and leave to drip dry.
- Finely chop both cabbages (removing any soft or dirty outer leaves and the core).
- Place the chopped cabbage in the mixing bowl and sprinkle over the salt. Mix the salt into the cabbage with clean sterile hands until the juices are released (about 5 minutes).
- Pack the cabbage tightly into the crock pressing it down with your hand or the back of a spoon. When full (there should be some space left at the top) place the weights on the top. The cabbage should be covered with juices. If there is not enough brine to cover the cabbage, you can make some extra by dissolving 1 Tbsp of salt in 1 L (1 US qt) of boiling water. Allow to cool to room temperature before adding just enough to cover the cabbage.
- Cover with the lid and put water around the moat edge to create a water seal which allows the gas to escape, but nothing to enter. Ensure the water level is above the holes in the lid at all times. Water will evaporate so continue to top up with water over the waiting period.
- Leave to ferment at around 20°C (68°F). After 3-7 days taste the sauerkraut using a sterile fork or spoon to take a sample then replace lid immediately. When it is ready it should have a sour tang and the colour should have changed from white/green to yellow (for green cabbage) or from red to pink (for red cabbage). You can keep fermenting the sauerkraut for up to 2 weeks until it appeals to your taste. Once ready, transfer to glass jars, (if desired) and move to fridge (it will continue to ferment slowly and maintain all the healthy flora. Flavour/texture may change over time). It can be kept in the fridge for 2-3 months or longer.

Tip

For a faster more consistent fermentation, use Mad Millie Culture.

- Dissolve 1 sachet of Aromatic Mesophilic or Fermented Vegetable Culture into 2 Tbsp water and 1 tsp sugar.
- Add this mix to the shredded cabbage and salt.
- Mix with your hand for 5 minutes to get the juices out.
- Pack in the crock and leave to ferment.

Fermentation will be faster, within 5 days, it should be nearly ready to transfer into the fridge.

Kimchi



Makes approx: 2.4 L (2.5 US qt)

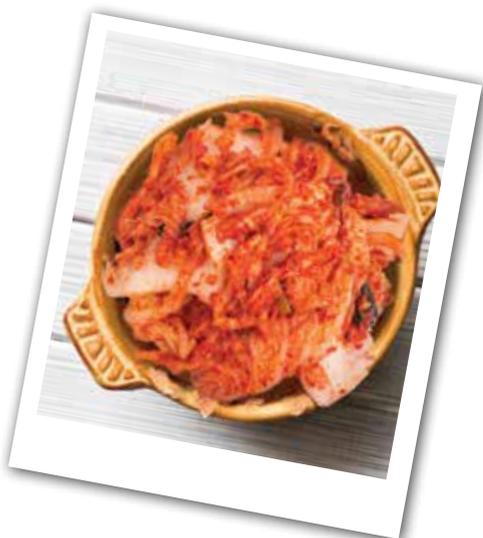
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INGREDIENTS

- 2 Chinese cabbages/Wong bok/Napa cabbage (approx 2 kg (4.4 lb) once chopped)
- 1/3 cup of non iodised salt (either Mad Millie's Artisan Salt, unrefined salt, or natural sea salt)
- 400 - 500 g daikon (Korean/Japanese/radish)
- 8 spring onions
- 2 Tbsp grated garlic
- 2 tsp grated ginger
- 2 tsp sugar
- 6 Tbsp water (or 4 Tbsp fish sauce)
- 4 Tbsp Korean red pepper flakes (adjust for personal preference; add more for a spicier kimchi)
- Water for rinsing cabbage

EQUIPMENT

- Mad Millie 3 L Fermenting Crock with two traditional clay weights
- Knife and chopping board
- Large mixing bowl or pot
- Small bowl for mixing paste
- Colander
- Gloves (optional to prevent smells from staying on your skin)



METHOD

- Sterilise all equipment thoroughly with Mad Millie steriliser or boiling water and leave to drip dry.

PREPARING THE VEGETABLES

- Cut the cabbage lengthwise into quarters and remove the core. Cut each quarter into wide strips. Place the cabbage in a large bowl and sprinkle over the salt. Using clean hands massage through the salt until the cabbage begins to soften (5 minutes) then add enough water to cover the cabbage in the bowl. Weigh down the cabbage with a plate so it is submerged then leave for 1-2 hours.
- Rinse the cabbage 3 times with cold water and drain in a colander for 15 minutes.
- Trim the spring onions and cut into 3 cm (1.18 ") pieces and put in a bowl.
- Trim and peel the daikon and cut into matchstick sized pieces and add to the spring onions.

MAKING THE PASTE

- Combine the garlic, ginger, sugar, water (or fish sauce) in a small bowl to make a smooth paste then mix in the red pepper flakes.

COMBINING AND FILLING THE CROCK

- Gently squeeze any remaining water from the cabbage and place in a large bowl with the other vegetables and the paste.
- Work the paste into the vegetables until they are all well coated (best to use gloves to protect hands from the smells).
- Pack the coated vegetables tightly into the crock pressing them down with your hand or the back of a spoon. Place the weights on top to press down. Cover with the lid and put water around the moat edge to create a water seal which allows the gas to escape, but nothing to enter. Ensure the water level is above the holes in the lid at all times. Water will evaporate so continue to top up with water over the waiting period.
- Leave to ferment at around 20°C (68°F). After 3 days check and taste the kimchi using a sterile fork or spoon to take a sample then replace lid immediately. The liquid should rise so that the vegetables are submerged and it should develop a sour acidic taste. When the flavour has developed enough to your liking, transfer to glass jars, (if desired) and move to the fridge. It can be eaten straight away or left to develop further stored in the fridge. It can be kept in the fridge for 2-3 months or longer.



1 Prepare vegetables.



2 Salt and work through to release the natural juices.



3 Put into the Fermenting Crock.



4 Use the clay weights to weigh down the vegetables and keep them submerged.



5 Add water to the moat, to create a seal before putting lid on.



6 Leave to ferment for 2-3 weeks inside the crock before packing into jars and refrigerating.



Keep an eye on our website for more fermenting recipes using your Fermenting Crock.



Mad Millie kits and equipment are designed to make it fast and simple
for you to create beautiful, artisan food in your own home.
For more kits and consumables, along with some helpful
tips and how-to videos, visit

www.madmillie.com

DESIGNED IN NEW ZEALAND