



NIKKI WAGNER
NUTRITION

Sauerkraut

This is a basic sauerkraut recipe. There are many variations from around the world – Latin American Cortido adds carrots, oregano, onions and chilies; the Japanese version, Tsukemono, adds green onions, tamari and lemon juice; Korean Kimchi adds lots of veggies and heat to the basic cabbage recipe. You can make up your own version with whatever you have on hand; some nice combinations are:

- *red cabbage with apple, beetroot & a cinnamon stick*
- *bok choy instead of cabbage with daikon*
- *carrot and ginger*
- *lots of turmeric for a 'golden' sauerkraut*

Ingredients:

1 cabbage, any kind (wombok works well)

1 tablespoon sea salt (or until it tastes like sea water)

1 tablespoon caraway seeds or other spice (optional)

Method:

Mix all ingredients in a large container and pound until the cabbage releases its water.

Pack into glass jars with plastic, or plastic-coated, lids. Press down until liquid covers the cabbage. The top of the sauerkraut should be 2-3 centimeters below the top of the jar. Label jar with name and date.

Let the jar sit on your kitchen bench for 5 days; then move to the fridge – you can now start to enjoy it!



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Kimchi

This is a basic kimchi recipe, but feel free to experiment with flavours and textures. Use vegetables you have on hand as substitutes for the ones listed (except for cabbage... that's mandatory). Although this makes a rather tame kimchi, you can add more chili until it's the heat you like.

Ingredients:

- 1 cabbage, any kind (wombok works well)
- 1 bunch green onions
- 1 cup shredded carrots
- ½ cup shredded daikon radish
- 2 tablespoons ginger
- 3 cloves of garlic
- 1-2 teaspoons dried chili flakes (or use fresh chilies as desired)
- 1 tablespoon sea salt (or until it tastes like sea water)

Method:

Mix all ingredients in a large container and pound until vegetables release their water.

Pack into glass jars with plastic, or plastic-coated, lids. Press down until liquid covers the vegetables. The top of the vegetables should be 2-3 centimeters below the top of the jar. Label jar with name and date.

Let the jar sit on your kitchen bench for 5 days; then move to the fridge – you can now start to enjoy it!



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Fermented Salsa

This is a recipe from 'Nourishing Traditions'. Make it when tomatoes are in season and enjoy it with Mexican- or Spanish-inspired foods, on top of eggs for breakfast or on crackers. My favourite way to eat this salsa is on fish tacos – fried/baked fish in fresh tortillas (or in lettuce cups) topped with fermented salsa and avocado slices.

Ingredients:

4 tomatoes, chopped

2 small onions, finely diced

$\frac{3}{4}$ cup chilies

6 cloves garlic

1 bunch coriander

1 teaspoon oregano

Juice of 2 lemons

1 tablespoon sea salt (or until it tastes like sea water)

Method:

Mix all ingredients in a large bowl.

Pack into glass jar/s (about 1L in total) with plastic, or plastic-coated, lids. Press down until liquid covers the vegetables. The top of the vegetables should be 2-3 centimeters below the top of the jar. Label jar with name and date.

Let the jar sit on your kitchen bench for 2 days; then move to the fridge – you can now start to enjoy it!



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Preserved Lemons

Preserved lemons are generally thought of when preparing Middle Eastern, Mediterranean and North African dishes. They pair well with white meats – chicken & fish; they can be added to rice and other grain dishes to lighten up their flavor; salad dressings and marinades made with preserved lemons are delicious!

Ingredients:

5 organic, non-waxed lemons (thin-skinned variety are better, but not essential)

3 tablespoons sea salt

1 cinnamon stick (optional)

1 bay leaf (optional)

Some black peppercorns (optional)

Dried chili (optional)

Juice of at least 2 lemons

Method:

Quarter lemons (5) and juice additional lemons (approx. 2).

Place some lemons at the bottom of a clean glass jar and layer with salt. Press down on lemons to pack them into your jar. Continue layering until the lemons are about 1 inch/2.5cm from the top of your jar.

Put bay leaf, peppercorns, chili, cinnamon stick (if using) on top. Pour lemon juice in until it covers the lemons and seasonings.

Put lid on tightly. Let the jar sit on your kitchen bench or cupboard for 1-2 months or until the lemon skin is soft. At this point you can start to use the lemons.

To use them take out a lemon quarter and remove the middle leaving only the skin. Dice the skin finely and add to recipes. Once opened move to the fridge.



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Fermented Hot Sauce

This is a recipe adapted from 'Grown and Gathered'. I love the fruity-hot flavor this sauce has – a combination of the white wine and chillies. I've made it with jalapenos, bird's eye, mushroom red caps and a combination of all the late season chillies we had on hand and all have been wonderful. Add whatever variety (or a mix of) chillies you have; just note that the heat will dissipate over time as the sauce continues to ferment.

Ingredients:

Chilies, cut in half, enough to fill your clean glass jar of choice

White wine

A handful or two of raisins/sultanas

Salt

Method:

Chop chillies (use gloves and a plastic cutting board; be careful not to touch your eyes, ears, etc.). Place chillies in clean glass jar and press down; add raisins/sultanas; cover with wine.

Put lid on tightly. Let the jar sit on your kitchen bench or cupboard for 2 weeks.

Puree all the ingredients together in a blender or using a stick mixer (bar-mix). Again, be careful not to touch your eyes. Taste and adjust with salt if needed.

Decant the hot sauce into clean glass bottles and store in the fridge. They will last several months.