

RECIPE OF THE WEEK

The Basic Kraut-chi

A phrase coined by much-loved fermentator Sandor Katz, the kraut-chi is what is sounds like: somewhere between a sauerkraut and a kimchi. Basically it is a simple pattern that allows you to play with flavors and ingredients all the way from one-vegetable salt pickles to spicy hot mixes and every combination in between. When starting out, I recommend using a scale for weights and getting the feel - and taste - for the right amount of salt. This pattern can also be scaled to a single mason jar or a giant crock.

Vegetables + salt + spices + time

Veg: Weigh your vegetables and chop them coarsely into a stainless steel bowl. Try cabbage (including napa, and asian varieties like bok choy), carrots, turnips and radishes of all kinds

Salt: Calculate 1.5-2% of the vegetable weight to determine how much salt to use. Different salts will weigh out differently, but a rule of thumb is 1.5-2 tsp/lb of veggies. Be sure to use kosher or another non-iodized salt without any additives to keep it 'free-running'. Sprinkle this over the veggies and toss it, massaging it in. Let it sit 30 minutes or longer until a bit of liquid accumulates at the bottom of the bowl.

Spice: While a simple kraut is excellent with only cabbage and juniper berries, other blends can be spiced up with a paste of ginger, garlic and korean chili flakes. Of course if you're crazy about heat, add hot peppers too. The amount of this you add is totally up to you, but a good starter amount is 1/4c of paste for 2 litres of kraut-chi - the only rule is not to exceed 10% of the vegetable weight! Add to the bowl and toss it all in, then pack into clean mason jars so that the brine rises over the kraut. You can use a bit of cabbage leaf to contain the top of the kraut. If it doesn't put a weight on it (like a smaller jar) and check it in the morning. Add a little extra 2% salt brine if you need to.

Time: Let sit at room temperature somewhere they can spill a bit. How long? This will depend on your taste and your environment. On your first run try it each day from day three onwards. When it's as sour as you like, move to a cool place for long-term storage.

In Season



The weekly summer newsletter from Growers of Organic Food Yukon

Do you make an amazing local specialty?

The Ingestible Festival

Gallery style tasting and friendly food competition in Mount Lorne
Sunday, Aug 30th. Reception begins at 3pm, drop off entries from
2-3pm.

Categories:

Breads, all types

Ferments, including beverages

Cheeses, locally made

Wild crafted - everything wild goes here

Flights of Fancy - open category, most creative dish

All entries will be judged by the public on taste, presentation and
locality.

Viewing 3 - 4 pm with Food Talks

Tasting and Judging 4:30 - 6:30 pm

Awards 6:45 pm

Tasting tickets at the door \$5

Cash bar available With music by Paul Bergman Project

Bar/Beergarden and local food concession

Contact lmca@northwestel.net for more info!

e - goofy@yukonfood.com ph - 633-4201 web - organic.yukonfood.com
or in the flesh at the Fireweed Farmer's Market every Thursday!

