



**GOOD FOOD is
GOOD MOOD**

Growing food is like printing your own money. Fermenting the harvest is like super compounding interest!

Lynnie Stein

Good Food is Good Mood

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Fermenting the harvest is like super compounding interest!



Your Gut will love it here!





Kind words are like honey infused garlic. Sweet to the soul & healthy for the body.

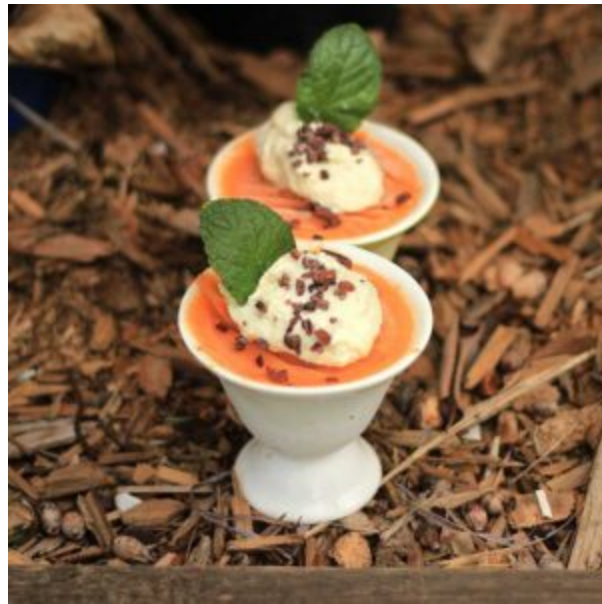


Beet Kvass

Just ½ a glass, morning, and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver and is a good treatment for kidney stones and other ailments.



Great Grandma Epple's sourdough and bone marrow plum pudding



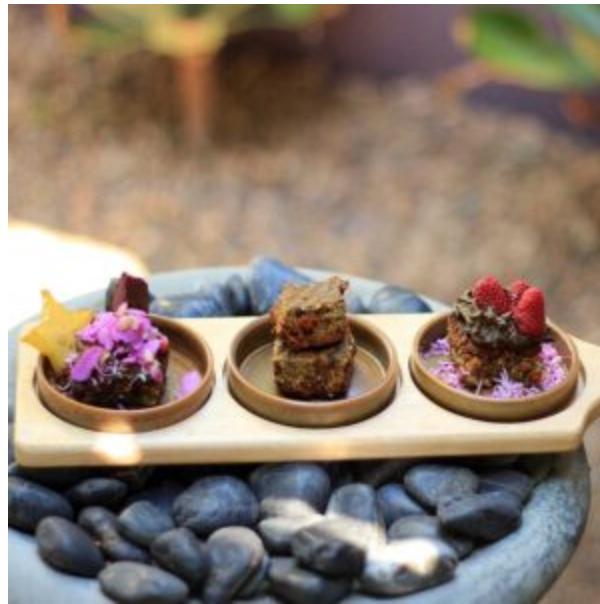
A version of the original Smoothie – Orange Julius







Beet Kvass – sans bread





Did you know chocolate is a fermented food?





Create your own rainbow everyday.
It's a FULLY RAW PROBIOTIC & PREBIOTIC RAINBOW BIRTHDAY
CAKE!

How special does this look?!



And suddenly 'Sauer' is sweet.



Thierry's 17th birthday brunch celebration! We were in lock down so the planned mates get together was postponed. Mama and son with some of his favorite food.



Daikon radish in turmeric brine

Radish tops are edible but are rather prickly; fermenting eliminates the prickles and fills with good for your probiotics.

They go well with any grain, or together with red meat if you eat either.

- Add to pesto or a garnish for a stew or fold through mash.

Radish tops from 10-12 radishes, $\frac{3}{4}$ teaspoon salt can add a few sliced radishes.



NOTHING BRINGS PEOPLE TOGETHER LIKE GOOD FOOD

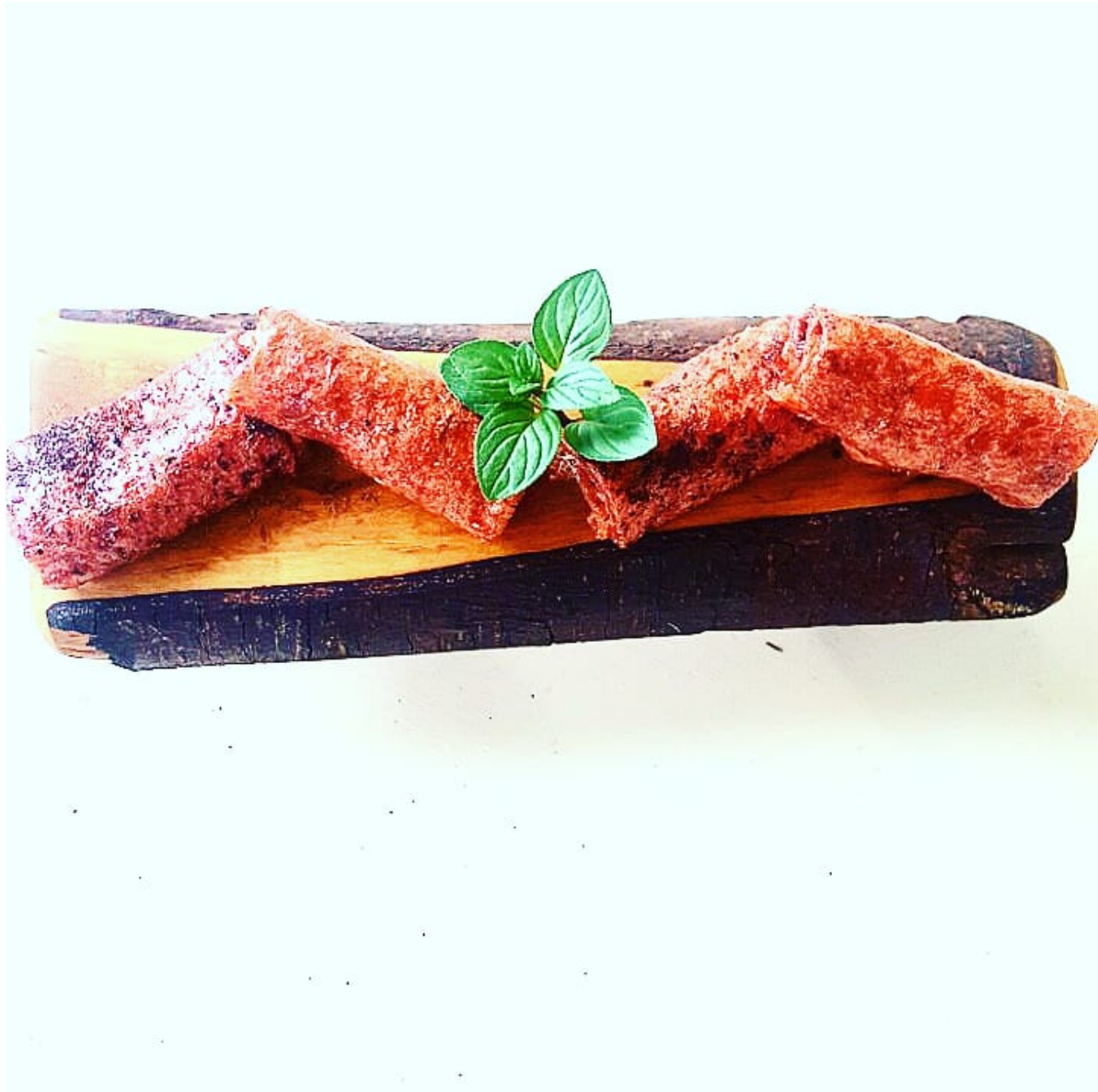




Balance the body's PH
1 cup of well-aged kombucha + one cup organic black strap
Molasses.

Mix in a glass jar.

2-4 tablespoons per day.



Fruit Leathers ... Immerse strawberries in kombucha. Add herbs. Blitz scoby and strawberries. Add sweetness if desired. Spread on dehydrator tray. Sprinkle with sumac. Dehydrate. Cut and roll up.



We love being able to transform goodies to make them tastier, healthier, and keep longer and to re-purpose the scraps, all at the same time.

Watermelon rind and banana skin

Bok Choy – broccoli and cauliflower stems in turmeric brine, weed Kraut, kimchi and wild pesto and radish tops, Scrap Kvass and FPJ.

Do not feed all the outside green leaves of lettuce to the worms, compost or the chooks, as they contain the most goodness and can be fermented for a later use, final addition to curries and casseroles, mashed sweet potato.

WATERMELON RIND

1 bay leaf, ½ teaspoon peppercorns, coriander, dill, banana skins, mustard seeds, shredded cabbage (75% of total), watermelon rind (brine if required) should be able to create enough liquid to cover.

Once fermented ... Serve on a platter with nut cheese and raw crackers.

FOOD IS THE MOST PRIMITIVE FORM OF COMFORT





Chocolate comes from cocoa, which is a tree. That makes it a plant. Chocolate is salad. Cacao, pink grapefruit, pea shoots. Dressed with wild blue berries infused in Apple Cider Vinegar.



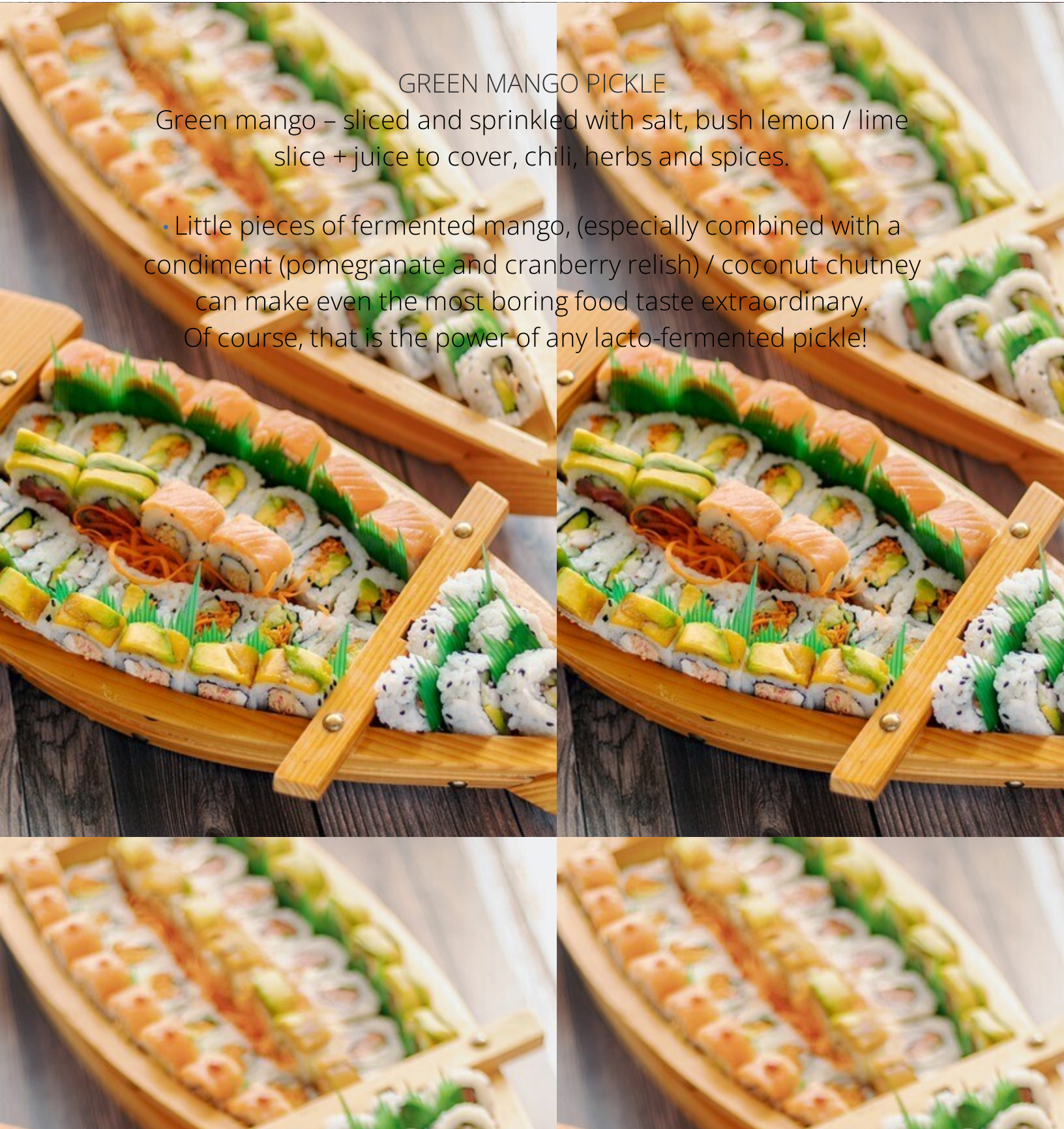




GREEN MANGO PICKLE

Green mango – sliced and sprinkled with salt, bush lemon / lime slice + juice to cover, chili, herbs and spices.

- Little pieces of fermented mango, (especially combined with a condiment (pomegranate and cranberry relish) / coconut chutney can make even the most boring food taste extraordinary. Of course, that is the power of any lacto-fermented pickle!











Fermented Eggplant ... Good olé Himalayan salt, Eggplant, lime juice, capsicum, basil, parsley, mustard seeds, turmeric, garlic, ginger, and lactic acid.



Thierry's 14th birthday breakfast.





Whole golden shallot and turmeric with fresh bay leaf in bok choy brine

- This is the bomb! Like a mild pickled onion. Mix chopped shallot with fermented ginger and scatter over cooked fish.

Pairs well with fermented garlic and fresh herbs.

- Thread fermented bay leaf on beef, chicken, or tuna brochettes before grilling. They are nice and soft, and the flavour is divine!!

Cooking will kill the good beasties ... but you will load of on the good bacteria with your probiotic-rich BBQ salad selection.







LES HERBES SALEES

What a wonderful way to “Catch and Store” the abundance of garden herbs.

Dill, parsley, sorrel, celery, and spring onions – optional diced
Daikon radish / parsnip / carrot

Chop the herbs, lightly massage with salt. Let sit and then put the mixture in a jar, and close airtight. Store in a cool, dark place.

We have made using carrots and ginger, and rosemary, nettles, water spinach, mustard garlic or anything desired to embrace from the world of weeds?



The herbs call up a lot of nostalgia. They were often used as a healing poultice.

- They can be used on their own to enrich stews, gravies, omelets, marinades, and baked veggies.
 - Use as a rub on meat and fish.
- They can be combined with fresh basil, oregano, fermented garlic, and cayenne to add pizzazz to a spaghetti sauce.
 - They blend with chili seasonings, or with dill and lime / lemon.
- Chop citrus fruits, shallots, and salted herbs for a relish to serve on grilled fish such as tuna and mahi-mahi.
- Make a butter and smear under the husk before grilling or roasting corn.

The possibilities are endless ... anywhere you would use salt or herbs.











Parsley is a perfect partner in fermentation. It is packed with astringent phenolics, excellent preservative, along with lactic acid bacteria.











Once you learn how to combine fermented foods. Like anything else – it takes many introductions to develop a taste for something new.

We love that each time we make something fermented it comes out slightly different. The longer vegetables can ferment, and the type of container used changes the result – different flavours, textures and apparently optimized growth of probiotics.

The taste of fermentation may not be for everyone, but the health benefits are!

Keep calm and enjoy playing – nothing to be afraid of, so simple

Keep it under the brine Most vegetable fermentation is an anaerobic process.

Add air and you will get funkiness!!

Keep it salty





Forget about the Apple a Day and replace with a Fermented Garlic
Clove a Day to keep the bacteria and viruses away.
Antibacterial, antiviral, and anti-fungal properties. The king of the
kitchen + medicine kit.





GREEN PAPAYA FERMENTED SALAD

Mix a base of grated green papaya and carrot
With chopped: coriander, shallots including the green and basil,
minced: lemongrass and chili and sliced cherry tomatoes.
Add chili powder and Himalayan salt and pound in lemon or lime
juice.

Sealed airtight and left at room temperature.

Leave to ferment (check at 3-5 days).



Fermented wild rice can form the base of a delectable salad of chopped, diced, grated, fresh and fermented vegetables. Including cucumbers, celery, tomato, shallots, capsicum, and carrots. Top with kimchi.

Add a few soaked nuts / tiger nuts. Season with hint of minced sage, oregano, lemon juice, raspberry vinegar.

Plus, you can add protein of choice, or serve hot for a pleasant change.





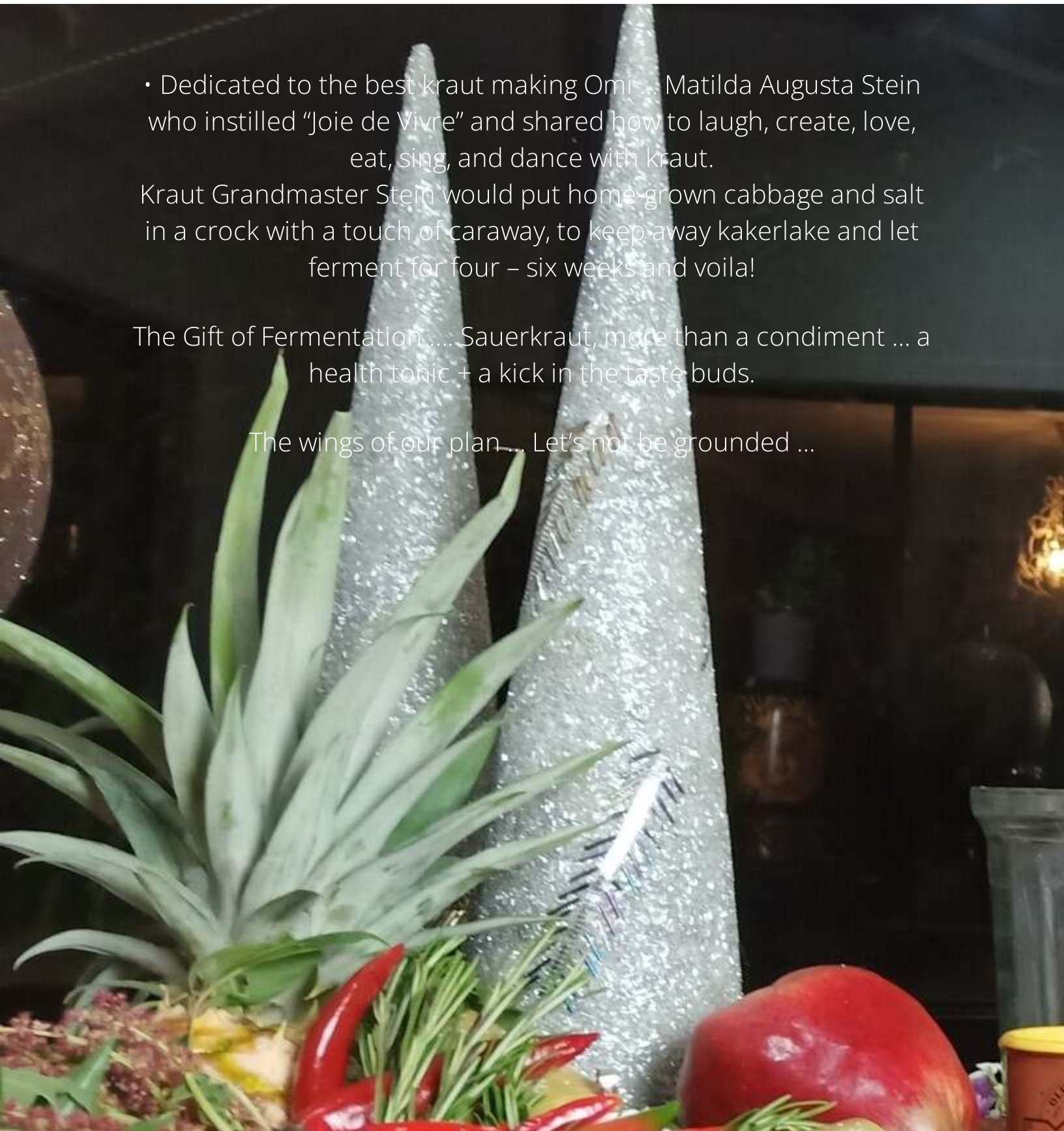


- Dedicated to the best kraut making Omi ... Matilda Augusta Stein who instilled “Joie de Vivre” and shared how to laugh, create, love, eat, sing, and dance with kraut.

Kraut Grandmaster Stein would put home-grown cabbage and salt in a crock with a touch of caraway, to keep away kakerlake and let ferment for four – six weeks and voila!

The Gift of Fermentation Sauerkraut, more than a condiment ... a health tonic + a kick in the taste buds.

The wings of our plan ... Let's not be grounded ...















Choko + carrot in chunks or wide strips with ginger / galangal, turmeric + a couple of chilies and fresh bay leaf if desired.

- Make a julienne of carrot and choko + fresh green salad and dress with tarragon leaves, fresh greens, orange juice, kombucha mustard, chopped shallots, and a light-tasting olive oil.
- Add fermented bay leaf to low slow-cooked sauces, stocks, seafood poaching liquid, or cream- and cheese-based sauces.









The world needs a shot of ...
Fire Cider / Master Tonic

Let the fire begin! This is really Cold and 'flu prevention.

Gloves and well-ventilated space recommended ... the aroma ... very strong and may stimulate sinuses instantly.





The fermented garlic are perfect added to salads, dips, dressings, sauces, and sprinkled on any number of creations or dried and ground to a powder.

Satisfying and dramatic with any fermented dairy or nut product or pulled into a paste.











- Keep the quantity of high-sugar vegetables and fruits (beetroot, carrots, apples, pears) to a minimum in vegetable ferments – kraut, kimchi, and vegetable medley. One -two regular size carrots – two medium beetroots or one apple per liter jar of sauerkraut.







Edible gut-loving bouquet
Always submerge in brine, and all will be fine.

They are ready when: The buds are dull green; the goji berries are plump but still bright orange red and the brine is cloudy.

The flavour of the buds and the brine are slightly sour, with ginger and garlic notes.

Store in the fridge in the same jar, lid tight.

This bouquet will keep on giving for a year or more.





Set your creative wings free ... if you start with cabbage ... fermento's say if your ferment has 70 – 75% cabbage and an oxygen-free bottle it will never fail.









What is most amazing... this is the only method of food preservation that adds nutrients including enzymes, vitamins and probiotic “live bacteria”

So, triple bonus!

Improve your immune system, as well as your overall health whilst imparting a feeling of well-being and increased energy levels.



One cannot have too many microorganisms proliferating in one's kitchen if they are the friendly kind

The lactic acid producing bacteria used to create our fermented food lives everywhere, on our own skins and the skins of vegetables.

It sounds creepy, but all so freaking good







I highly recommend purchasing Fido jars in a variety of sizes. In our fermenting lair we use 1 and 3 liter the most. The 1.5 or 2 liters for smaller brine vegetable ferments. The 5 liter jars for storing krauts, kimchi and kvass. We use the .5 liter for fruit relish.







Tippling pure



Scrap Vinegar

Rye Bread

Soak whole organic rye berries at least overnight. Then add a small amount of sourdough rye culture (rye flour and water, fermented to develop natural yeasts). Then bake.

The only flour in the loaf is the small amount in the sourdough culture; about 90% of the grain is whole rye berries, soaked to soften, allowing to hold together in the eventual slices.

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Did you know the carrot is a member of the parsley family?
Carrots were first grown for medicinal uses, not as a food.
Carrots can be orange, black, white, green, purple, red or yellow.
The most common orange carrot was bred from a mutation but the other colors can still be found via heritage seed suppliers.

Be warned Once a bottle of sauer ruben or turnip kimchi aroma envelops the home ... feel free to blow-off at will ... No one will know.



Anzacs come with a history of love and sacrifice.









Science tells us that some amino acids may react with Sulphur, causing blue or green discoloration. IMO it has to do with age.
Pretty though!!



Garlic, Turmeric Kombucha mustard

Making your own Kombucha mustard is insanely simple, and so tasty!

Kick up Vinaigrettes, dips, bangers with mash and 'kraut, eggs, avocado, rubbed under chicken skin before roasting and stirred into beef, lamb, goat or pork stew before the end of cooking. In Ancient Egypt, mustard was used as respiratory therapy and later, in the Middle Ages, asthma was treated with this pungent, Sulphur containing seed.



Veggie medley

A combination of veggie layers on day 2 with the fermenting fairies at work.

Thierry had fun with the spiralizer and created long strands of zucchini, pumpkin, beetroot, carrot, daikon radish, parsnip and turmeric – added a dash of Himalayan salt and let sit to draw out the liquid.

Whilst I worked some love into a finely cut red and green cabbage (massaged with a dash of Himalayan salt) + a separate bunch of kale, another bowl with finely cut celery, grated horseradish + ginger and garlic.

Then we placed layers of each and pushed down with our small wooden pestle and more liquid was created.

Left some space to allow room for all the beautiful fizzing and bubbling.

Covered with outside cabbage leaves and closed the lid.

Placed on a deep glass dish to catch any overflow – over to the fermenting fairies.





























Honey is often used in Japanese cooking + alternative medicine, for mouth ulcer or sore throat (add garlic honey to sliced Daikon radish to make a juice).

Popular honey in Japan is taken from flowers called “Milk vetch (renga in Japanese)” and “Acacia”.

Make a persillade, a combination of finely chopped parsley and honey garlic, and toss with pan-fried potatoes to accompany grilled meat or eggplant steaks.

Stuff a chicken with a few rosemary sprigs, preserved lemon / lime, and a handful of honey garlic cloves, roast, and squeeze the lemon over the chicken before serving.



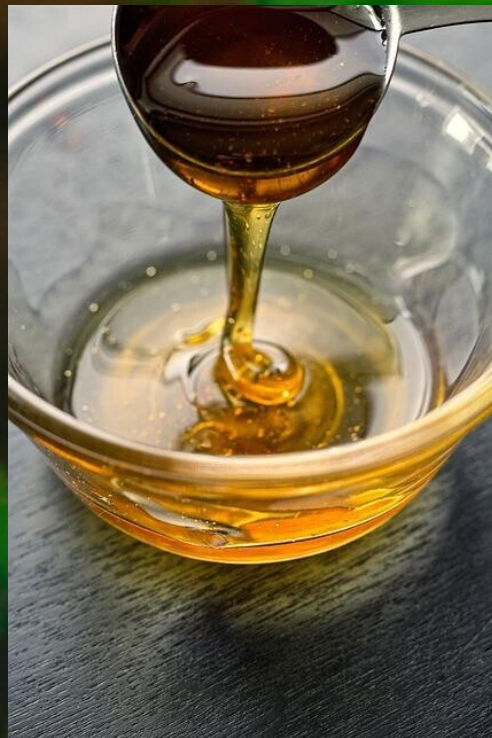


Ninniku Hachimitsu-Zuke

This recipe (honey pickled garlic) is garlic soaked in honey for two months, producing a sweet Japanese pickle used as an appetizer or condiment rich in flavour.

The honey can be used as a cold remedy, by taking several spoonful's thinned with hot water before going to bed.

Time is depending on room temperature and the size + type of garlic cloves.









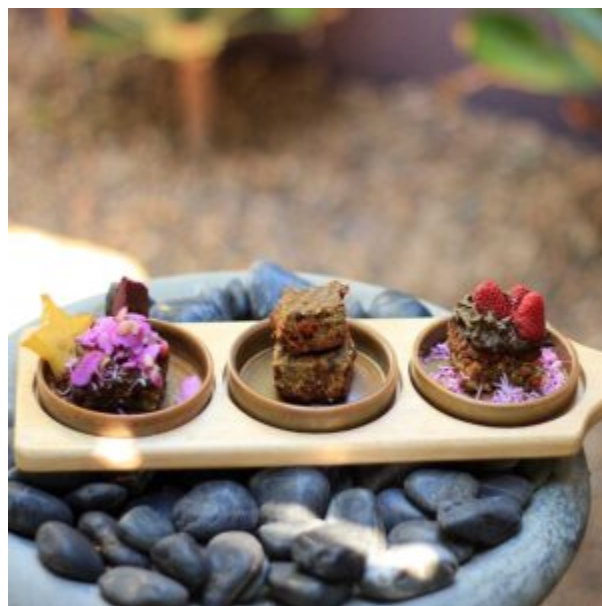
Grandma made sauerkraut with cabbage, salt and caraway and other ferments like cucumbers, carrots, beetroot etc. always had whole cloves added.

Cloves were pulled out before eating.











Go, play dirty with the microbes and rock the kitchen with love and care, life and creativity. Ferment it fresh with quality and serve with great warmth and gusto! How you know Quality is how you know when music makes you feel a certain way ... how you know when you are in love ... how you know what you want to do with your life.

Enter the world of fermentation and you will never feel alone in the garden and kitchen again.

Start with something easy to prepare and quick to ferment like tomato salsa whilst waiting for the backbone of fermentation: Classic Kraut – cabbage massaged with Love, Himalayan salt and optional caraway / kelp / spiced up with turmeric and build from there. Milk kefir, Tibi, Kombucha are easy to add to your probiotic menu.

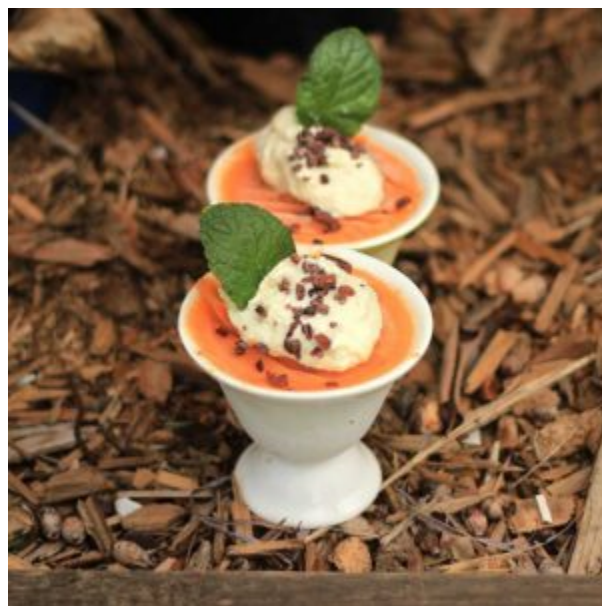
Before long, you will have a collection of bottles in every room, the odd bubbling kraut crock or barrel and a kimchi fridge in your backyard and a zoo of microbial diversity fermenting away in your home.

Have fun experimenting and enjoy the fruits of your fermenting fun with family and friends!

Light a candle and give thanks for life's bounty.























- If fermenting carrots, cover brine (1 tablespoon salt to 2 cups water) before fermenting. Add Daikon radish (neutral in flavour and will help counteract the yeasty result).
Heaps of dill and ginger. When the brine has turned from clear to cloudy ... a great sign that the fermenting fairies have performed.
- Add fermented dill to mayonnaise-based salads like potato salad, egg salad, or salade russe (cooked vegetables dressed first in vinaigrette, drained, and tossed with dill mayonnaise).
- Make a sauce of kombucha mustard, oil, sweetness, fermented dill, and a dash of cider vinegar to serve with gravlax, cold-smoked salmon, or prawns.













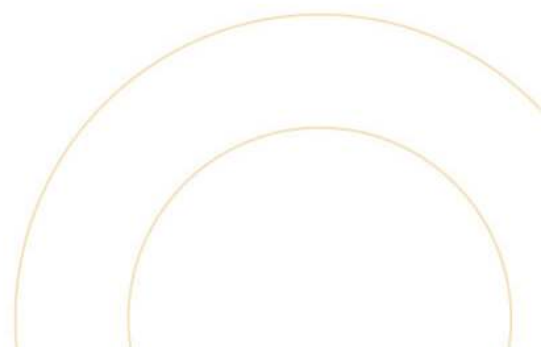








































Kimchi a day keeps the doctor away.



Oh my darling Clementine



A staple in our kitchen. Ginger & turmeric in lime brine.
Only a slither required as the final touch to any food – fresh,
foraged, fermented or cooked.

The WOW factor added to teas, bewies, smoothies, bliss balls, cake
frosting, any raw or cooked treat, dips, soups, salad dressings.
Straight from our tropical garden: sliced ginger and turmeric, sweat
with a touch of fine Himalayan salt and covered in fresh lime juice,
top with a few lime leaves, in an airtight jar leave out of direct light
for up to 2 weeks.

Refrigerate and enjoy!

The juice is also powerful and only a dash is required to a glass of
clean water, for the best morning pick-up. A dash with my coconut
vinegar is a good night-cap. And the sliced ginger and turmeric are
divine!!













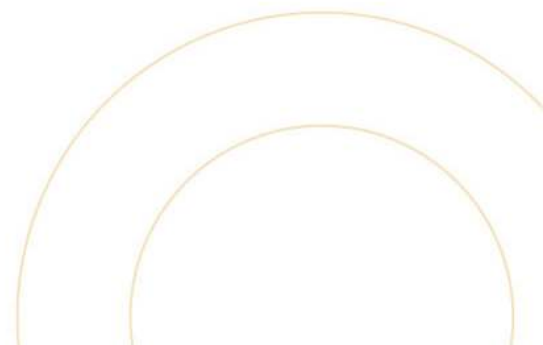


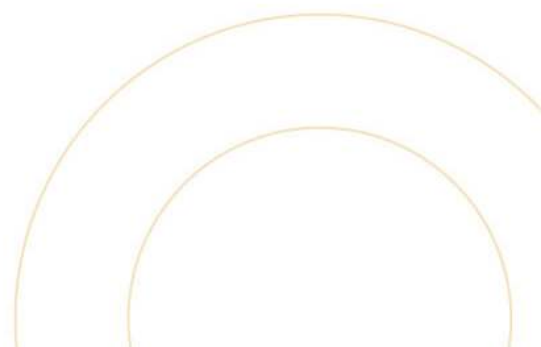










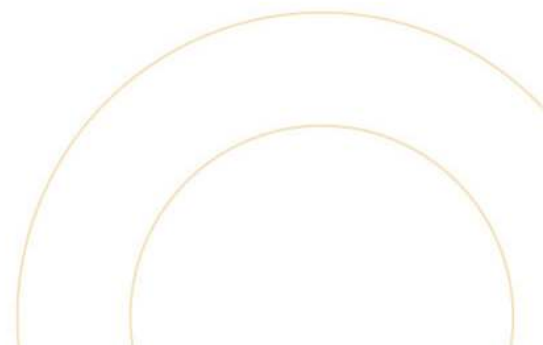














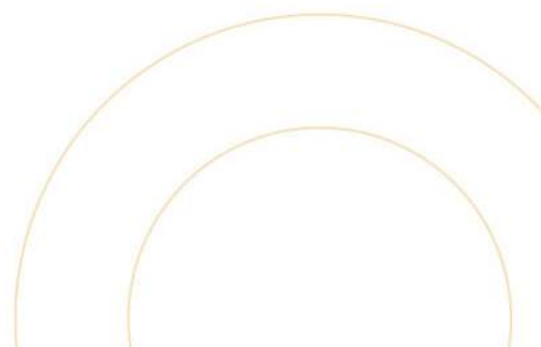




















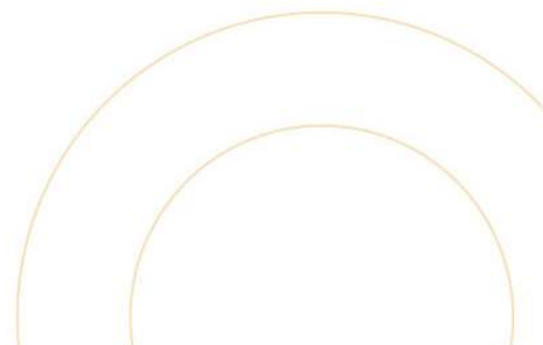
- If using a not well sealed jar, the contents can eventually go disgusting after a period. For disgusting to happen (too quickly), oxygen-loving bacteria had to be in the ferment, and they had to be able to out-compete the Labs in order to have that effect.

















- If fermentation is done under anaerobic (oxygen / air free) conditions, the results last a long, time.

If you do not eat it all, you can keep many vegetables up to a year and some more, refrigerated in an air-tight quality glass container.







In Ethiopia, teff is usually ground into flour and fermented to make the spongy, sourdough bread known as injera.

Injera can also be found in Eritrea
, Somalia
and Sudan

. Teff is fermented by a symbiotic yeast living in the soluble fiber on Teff's surface (like the blush on grapes).

A number of factors can alter the quality of injera such as the temperature of the grill, the type of grill (mitad), the temperature of the dough during fermentation, length of fermentation time, quality of the flour, ways of mixing the dough.

Injera bread is thicker than a crepe but thinner than a pancake. In making Injera, teff flour is mixed with water and fermented over several days.



Fingers or Injera were invented before forks

As anyone knows who has eaten at an Ethiopian restaurant anywhere in the world, injera is used as an edible serving plate.

At the table, Injera is torn off and used to pick up foods with hands. It is both bread and utensil.

It also serves as the platter: miscellaneous foods are scooped into piles in the center of the injera.

The injera is torn off from around the outside and everything is eaten toward the middle.

When the injera is gone, the meal is over.

And not much clean-up is required! My kind of eating!





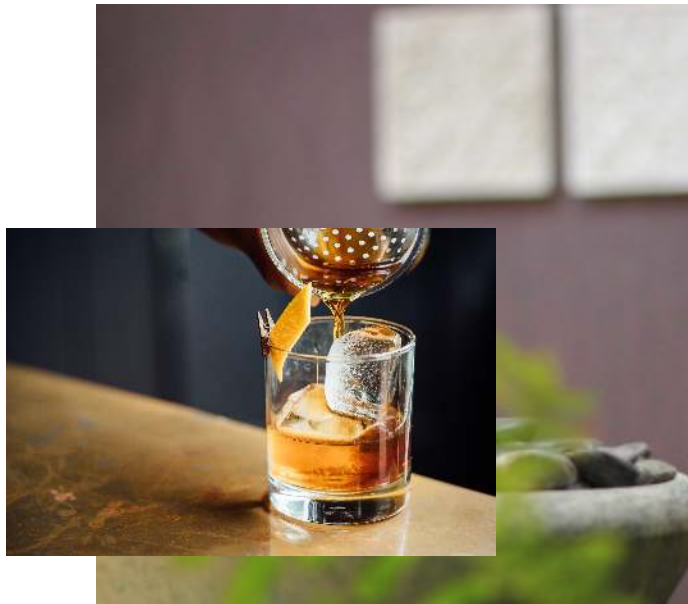


















































Food for your skin!











<https://discover.thegutacademy.com/10-for-10/>







Let us consider the whole experience of eating, from seed to table, flavour to finish line.

A recipe only provides basic information, like dancing, you learn by concentrating on the music and your partner ... cabbage and salt, and by putting on your dancing shoes, to find your own rhythms and style.

The joy of life comes when we make a dance out of each step along with the stumbles.

May you be abundantly fermented and transformed into rich, nourished and beautiful wonders!

From my heart to yours. Love & Bacteria, Xo, Linnie



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