

How To Add Fermented Foods To Your Diet

How

- The first thing to do is try different types of fermented foods
- In order to figure out how and what to incorporate into your diet – you need to know what you like
- The key, long term, is consistency
- You can start by making the recipes here one at a time
- Pick one type and start

Or

- There are good brands of sauerkraut, kombucha, kimchi and cultured vegetables available at the health food store and some grocery stores – they will be in the refrigerator section – not on the shelf
- Try them to see what you like
- Remember that the fermented food you make will taste better as you learn how to make it the way you like

How To Consume

There are three ways to consume fermented foods:

1. Eat them, as is
2. Work them into a recipe, as is
3. Cook with them in a recipe

Eating Them, As Is

- All fermented foods contain beneficial bacteria that have various benefits
- To get all of the benefits, the fermented food must be consumed, as is
- It can be as simple as just having ¼ cup of sauerkraut or kimchi as a snack or as a side dish with a meal
- If the fermented food is a drink or liquid, just take it as a shot

The Tastiest Way

- The best way to use them is find recipes that you can incorporate them in to or that already call for them as part of the recipe.
- There are several options with each type of fermented food in this course
- The key is to work with the unique flavours of each food and match it with flavours that complement

Adding Fermented Foods

- Take an existing recipe like a soup and top with the fermented food – this allows the fermented food to be warm without killing the bacteria
- It takes 20 minutes at 140 -160 degrees F (60 – 71 degrees C) to kill bacteria during pasteurization
- This allows flexibility when adding the foods to existing recipes – it's about when and how

Complementing

- Some fermented foods are salty – sauerkraut, kimchi, beet kvass and cultured vegetables that are fermented in brine
- Match these with foods that are bland – great in a vegetable smoothie or even a fruit one or add to something that generally requires added salt and the fermented food can be used instead

Complementing

- Some fermented foods like kombucha, milk kefir and kefir water are sour
- Not as sour as vinegar but often can be used to replace some of the vinegar in a recipe
- Sour fermented foods can be match with bland, sweet or another acid like an acid fruit
- Sometimes of a combination of different types of flavours is best

Cooking With Fermented Foods

- The good bacteria and enzymes will be lost but...
- The vitamins, minerals and phytonutrients that were made more bioavailable by fermenting will still be bioavailable
- The fermented foods are somewhat pre-digested and this remains as well.
- Many traditional recipes cook the fermented foods

Fermenting and Baking

- Sourdough Bread is an example of fermenting the grains and than baking it – killing the bacteria and yeast but maintaining the pre-digestion and the bioavailability of the nutrients
- Fermenting the grains or legumes is a techniques that can be used for in other types of recipes – but these are always cooked or baked after fermenting



Once You Know What You Like

- Pick three types of fermented foods that you like and find ways to consume these throughout the week
- Always try a small amount first and see how you react and then once you are comfortable with how they make you feel – increase the amount
- One a day is great – two even better
- Amounts can be as small as a couple of tablespoons up to a $\frac{1}{4}$ - $\frac{1}{2}$ cup. Do what feels right for you.

To Help You Decide

- Sauerkraut and beet kvass are the best for healing aiding overall digestive function
- Milk kefir or coconut milk kefir are best for gut health and colon function with water kefir being the next best
- Kimchi aids overall digestion
- Cultured vegetables and all fermented foods aid the digestion of other foods in the meal

And Finally...

- If making fermented foods all the time is difficult – then buy ones that you can when you can't make them
- The important thing is to eat the fermented foods on a regular basis
- It is also important to enjoy the foods so finding the right recipes is the key to your enjoyment
- It is now time to start the adventure