



# Safety & Prep

Tips To Make The Best Fermented Foods At Home

## 1. Start Out Simple

It can be overwhelming and a bit scary at first, so I suggest you start simple. If it's your first time making sauerkraut, pickles or a probiotic drink like kefir or kombucha, start with the simplest version first to get a feel for the process.

For example, when making sauerkraut, start by making simple, plain sauerkraut using only cabbage and salt. Sounds boring, but it's delicious.

And then build from that.

## 2. Use Fresh Ingredients

Don't use old, soggy cabbage or vegetables for your ferments. At this point they already started rotting on their own and could cause a ferment to go bad.

### **3. Salt - Use the right type of salt**

Use a high quality mineral salt like himalayan salt, sea salt or celtic salt.

### **4. Keep veggies submerged under the brine**

This helps prevent mold. You can use fermentation weights, cabbages leaves, a rock, an onion, and many other things.

### **5. Know the signs of fermentation**

Pay attention to the pictures in this course. Signs of fermentation include small air bubbles, cloudy brine, veggies will become dull in color, and there will be a pleasant pickled smell.

### **7. Do taste tests**

Take small tastes throughout the process starting on day 3. If it's sour and you like the consistency then put it in the fridge to eat later. If it's not sour enough or doesn't have enough flavor, let it ferment longer.

### **8. Experiment**

Once you're comfortable with the process of making sauerkraut, then add in other spices, herbs, or vegetables for different flavors.

**Up next is "The Tools You'll Need For This Course".**