

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



LOVE YOUR GUT! EAT YOUR *(Fermented)* VEGGIES!

Why are fermented foods so good for your health?

While it may have started out as a technique for preserving food in ancient times, fermentation of foods such as sauerkraut, yoghurt and cheese (we're talking vegan, of course!), kimchi and kombucha, provides a rich array of beneficial probiotics, digestive enzymes and health-boosting nutrients that can provide a range of health benefits.

Some of these health benefits include better digestion, stronger immunity, and maintaining a healthy weight and healthy heart.

If you've ever wanted to try making your own fermented products, read on to learn about the fermentation process, safety aspects and to discover some simple recipes.

WHAT IS FERMENTATION?

Fermentation is a completely natural process that takes place when yeast and bacteria convert sugars and starch into alcohol or acids. These alcohols and acids are what preserve the fermented foods and give them their zesty and tart flavour.

It is this process of fermentation that promotes the growth of beneficial probiotic bacteria.

Why are fermented foods so good for your health?

Fermented foods are often more nutritious than in their unfermented form.

The probiotics they create can improve your digestive health by restoring the balance of friendly bacteria in your gut and in some cases they may alleviate digestive problems such as irritable bowel syndrome, diarrhea, bloating, gas and constipation.

These bacteria that live in your gut also play a big role in strengthening your immune system and so eating a lot of fermented foods can help reduce your risk of infections and help you to recover faster when you're sick. Fermented foods are also high in vitamin C, zinc and iron – great immune system boosters.

The fermentation of food helps our guts to digest the food easier and break down the nutrients for better absorption.

SAFETY AND SIDE EFFECTS

Fermented foods are typically safe for the majority of people; there are however, some who may experience a temporary increase in gas and bloating due to the high probiotic content. This side effect may be exacerbated after eating fermented foods rich in fiber such as kimchi and sauerkraut.

When you're trying your hand at fermenting recipes at home, it's important that you follow the recipes closely for safety reasons. Things such as incorrect temperatures, fermenting times and equipment that hasn't been sterilized properly can all lead the food to spoil and allow dangerous bacteria to grow instead of the beneficial kind.

VEGAN-FRIENDLY FERMENTED FOODS

There are many vegan friendly fermented foods to sample. Here's just a few:

- Kefir
- Sauerkraut
- Tempeh
- Natto
- Vegan aged cheeses
- Kombucha
- Miso
- Kimchi
- Vegan yoghurt
- Sourdough bread
- Vegan beers and wines
- Olives

Want to give fermenting a try? Here are four simple vegan fermentation recipes that you can make at home.

Coconut Milk Kefir

By Nicole Berth

Probiotics are super essential for your digestive system and they really make a difference in supporting your immune system! So let me introduce you to a delicious way of getting more probiotics into your diet by making your own Coconut Milk Kefir.

INSTRUCTIONS

1. Add 1 can of coconut milk to your sterilized jar (rinsed with boiling water). Make sure all utensils are also clean.
2. Add approx. 1 tsp kefir grains to the coconut milk using a wooden/plastic spoon (no metal spoons – see comments below). You could also add more than a teaspoon but it will ferment much faster.
3. Now close the jar with a cheesecloth and fix it with a rubber band. Let the kefir rest for at least 2-3 days at room temperature (no direct sunlight).
4. Stir the kefir from time to time with a clean wooden spoon so it ferments evenly. I got best results when letting it ferment for 3 days.
5. Fermentation speeds up with warmer temperatures (not more than 40°C) and the amount of grains you add. And the opposite is true as well.
6. For a slow fermentation process let it ferment in the fridge rather than room temperature.
7. Once your kefir has the right tanginess for your taste, sieve out the grains and store in the fridge in a clean glass with 1/2 cup of coconut milk or from your newly made coconut kefir. The coconut milk kefir keeps fresh up to 30 days in the fridge.

INGREDIENTS FOR 400ML COCONUT MILK KEFIR:

- 1 can of organic coconut milk without any additives (400ml)
- 1 tsp of kefir grains

EQUIPMENT REQUIRED

- plastic sieve
- large neck glass with a loose lid (alternatively: canning jar with cheese cloth)

RECIPE NOTES

- The longer the kefir ferments the more tangy it gets. I found after 3 days the tanginess is quite right for me but might be very different for you. Just give it a taste now and then as you go. Allowing your coconut kefir to ferment for up to 8 days makes it very pungent and sour.
- Never use any metal when handling your kefir, only use wooden spoons and glass jars.
- The kefir grains will propagate so after a while you will be able to give some grains to friends.
- When storing your kefir grains, it is important to let them rest in dairy milk for at least 24 hours. Reason being is that kefir grains have evolved with dairy milks, while their fermentation technology can be applied to plant-based milks,

the grains will atrophy and die over time. This is because they require lactose or milk sugar in order to thrive. The grains will continue to work and ferment for many batches but they will lose their power to ferment. If you suffer from lactose intolerance make sure you carefully rinse your kefir grains before adding to your new batch of coconut milk.

- Using homemade coconut milk: I have not experimented making kefir from homemade coconut milk but from my research it seems you get the best results with organic canned coconut milk.
- If you would like to pause your fermentation process, place the kefir grains in a jar of milk in the refrigerator. The longer the grains starve or sleep, the longer it may take to revive them. The revived grains will also not have the same bacteria diversity but it will regain diversity as they are woken up and used again.

Nicole Berth

Nic is the creator of When Sweet Becomes Healthy. Moving from Germany to New Zealand at 25, she was introduced to a whole new world of eating. A lover of all things sweet, Nic has made it her mission with WSBH to prove that you do not have to sacrifice taste when having healthy desserts.

Check out her website: whensweetbecomeshealthy.com

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Fermented Rainbow Veggies

By Nicole Berth

These fermented Rainbow Veggies in a jar are my favorite way to add healthy probiotics to my diet. Fermenting veggies is so easy and apart from chopping and putting everything together at the start, you can sit back, relax and let time work for you. Fermented veggies make a great addition to salads, sandwiches or as a side for a plant-based grazing platter.

INGREDIENTS

- 1 cup chopped organic red cabbage
- 1 cup sliced organic carrots
- 1 cup chopped organic capsicum
- 1 cup shallots
- 1 cup chopped organic cucumber
- saltwater brine
- dill, thyme, basil, oregano, peppercorns
- 2 cups water
- 1 ½ tbsp sea salt

DIRECTIONS

1. Before you start, make sure all utensils and jars are clean.
2. Start by chopping up all your veggies. I love to cut mine in different shapes and sizes but that's totally up to you.
3. Now start layering your veggies into a big jar. I start with the red cabbage, followed by the sliced carrots, cucumber, capsicum, and shallots. In-between I add fresh herbs like dill or thyme.
4. Once you have firmly packed your veggies into the jar, combine the boiled water with salt. Pour the brine into your jars fully covering your veggies. Do not close the lid. Instead, top your veggie layers with a cabbage leaf first and put a clean glass on top as a weight to keep it all nicely packed. It's important to cover the veggies with salt brine at all times.
5. Let your veggies ferment for up to 3-5 days in a dark place. Mine were perfect after 4 days of fermentation. They still had a good bite to them but soaked up all the amazing flavors, similar to sauerkraut and kimchi.

NOTES

+ You will be creating bacteria, but very healthy ones. So in general, fermentation is the safest form of preserving but you should make sure your jars and utensils are clean.

+ I love to use different colored veggies – this doesn't only add a more varied taste but also heaps more vitamins and minerals. The options to fill your jars are endless: broccoli, cauliflower, garlic, beans, ginger, chili, baby corn - anything works really. Make sure you are using organic veggies.

+ All you are going to need is: vegetables, salt and water. I am aware that many people try to reduce the amount of salt in their foods but try to stick to the suggested amount of salt as it keeps the veggies from spoiling. Salt is your friend here and your preserving agent. + If it is warmer than 28 °C, your veggies will ferment faster. The longer they ferment, the more sour they will become. Once you feel that the taste and texture is right for you, place the jar in the fridge. Here the fermentation process will slow down. It is absolutely normal that the jars will leak a bit during fermentation. This is due to your healthy bacteria multiplying in the jars!

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