

*How to make
your own*
**Fermented
Vegetables**



Serving suggestion

Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Let's ferment some veggies!



TO GET STARTED YOU WILL NEED

Mad Millie 3 L (3 US qt) Fermenting Crock with clay weights

Knife and chopping board

Large mixing bowl or pot

Small bowl for mixing paste (Kimchi only)

Colander (Kimchi only)

BEFORE YOU START

Clean your equipment - Using hot, soapy water give your crock and equipment a good scrub to remove surface bacteria and yeast. Rinse off all excess detergent.

Sanitise your equipment - Sanitation is when the harmful bacteria are removed. We recommend boiling water or baby bottle steriliser (follow instructions and dosage on the packet). Be careful if you use boiling water and for both methods ensure all surface areas are treated. Allow to drip dry or dry with paper towels before beginning.

SAUERKRAUT

*Prep time: 40 mins Ready in: 2 - 3 weeks
Makes approx. 2.4 L (2.5 US qt)*

Ingredients

2 medium sized white or red cabbages
(approx. 2.3 kg of chopped cabbage)

2.5 Tbsp of non-iodised salt

Brine Solution (step 4 if required)

Dissolve 1 Tbsp salt in 1 L

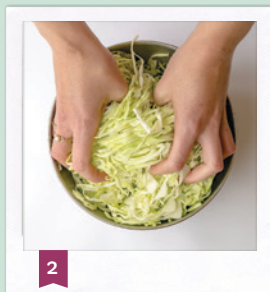
(1 US qt) of cooled, boiled water.

Serving suggestion

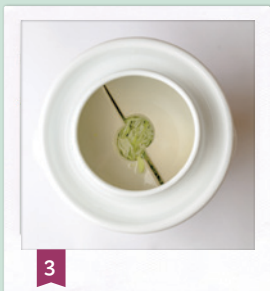




1
Finely chop both cabbages (removing the core) and place in a mixing bowl.



2
Sprinkle over salt and mix with clean hands until the juices are released.



3
Pack the cabbage tightly into the crock and place the weights on top. The cabbage should be covered in juices, if not top up with brine solution.



4
Place the lid on top and fill the moat with water to create a seal.



5

3-7 DAYS 

Ferment at 20°C (68°F) for 3 - 7 days. Check the water moat seal regularly and top up with water if needed.



6

Taste from day 3 with a sterile fork and replace the lid immediately. It should have a sour tang and change colour.



7

UP TO 2 WEEKS 

Sauerkraut can continue to ferment for up to 2 weeks depending on taste preference.

Once ready, transfer to jars and move to the **refrigerator** to store for up to **3 months**.



KIMCHI

Prep time: 40 mins Ready in: 2 - 3 weeks

Makes approx. 2.4 L (2.5 US qt)

Ingredients

2 Chinese cabbages/Wong bok/Napa cabbage
(approx. 2 kg of chopped cabbage)

1/3 cup of non-iodised salt

400 - 500 g daikon (Korean/Japanese radish),
peeled and cut to matchstick size

8 spring onions, cut into 3cm pieces

2 Tbsp grated garlic

2 tsp grated ginger

2 tsp sugar

6 Tbsp water (or 4 Tbsp fish sauce)

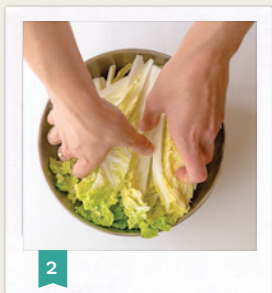
4 Tbsp Korean red pepper flakes





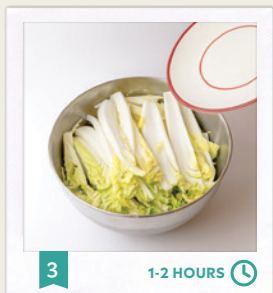
1

Cut the cabbage into quarters with the core removed. Cut each quarter into wide strips and place in a bowl.



2

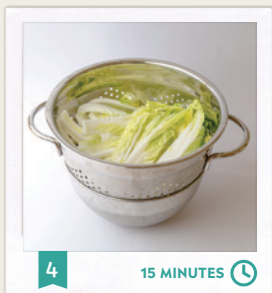
Sprinkle over salt and mix with clean hands until cabbage softens (5 minutes).



3

1-2 HOURS 

Add water to the bowl until the cabbage is covered and weigh down with a plate for 1-2 hours.



4

15 MINUTES 

Rinse the cabbage 3 times with cold water and drain in a colander for 15 minutes.



5

Combine garlic, ginger, sugar, water (or fish sauce) and mix to a smooth paste then add red pepper flakes.



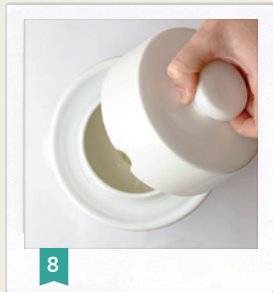
6

Combine cabbage, spring onions, daikon and paste. Work the paste into the vegetables until they are well coated.



7

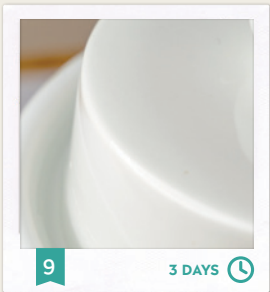
Pack the mixture tightly into the crock and place the weights on top.



8

Place the lid on top and fill the moat with water to create a seal.

TIP: Wear gloves when mixing the paste and cabbage together to stop the strong flavours staying on your hands.



Ferment at 20°C (68°F) for 3 days. Check the water moat seal regularly and top up with water if required.



Taste with a sterile fork and replace the lid immediately. The liquid should rise and submerge the vegetables and should have a sour taste.



When the flavour has developed to your liking, transfer to the **fridge** to store for up to **3 months**.

Need more Fermenting Vegetable Culture?
Visit www.madmillie.com
While you're there, check out our free recipes, tips and advice.



FERMENTED VEGETABLES

Any vegetable that is relatively firm can be fermented. There's no need to cook them first; just give them a good wash, cut into whatever sized pieces you want and get started.

Below are some options we love, for these use a brine solution with **3 Tbsp salt + 1 L water** to cover the vegetables in your crock. Don't be scared to mix lots of different vegetables together, this will give delicious flavour and texture combinations to add to a salad or eat on its own.

Asparagus - cut the ends off the stalks and stand upright in the crock.

Chilli - add to all or any vegetables for flavour.

Carrots - cut both ends off your carrots and make sure you peel them as the skin can create a bitter flavour.

Garlic - peel the garlic and throw the cloves in whole.

Cucumber - use baby cucumbers or cut a telegraph cucumber into 10cm pieces or smaller. No need to peel the cucumbers, just give them a good wash.

Broccoli and Cauliflower - cut into smaller florets and use the stalk as well.

Capsicum - core the capsicum and remove the seeds before beginning.

Courgette/Zucchini - slice on a diagonal, the perfect filler for a crock with other vegetables.

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Follow the Mad Millie Fermenting Crock instructions for details on sealing your crock, fermenting times and temperatures.

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MAD MILLIE VEGETABLE CULTURE

For a faster more consistent ferment, use the Mad Millie Vegetable Culture. With a mixture of *Lactococcus lactis* subsp. *cremoris*, *Lactococcus lactis* subsp. *lactis*, *Lactococcus lactis* subsp. *lactis* biovar *diacetylactis* and *Leuconostoc*, it's the perfect combination of good bacteria to get you started.

If you're making **sauerkraut or kimchi**, follow the below instructions:

- Mix 1 sachet of Vegetable Culture + 2 Tbsp water + 1 tsp sugar.
- Mix this through your cabbage just before putting it into your sterilised crock.

If you're making **fermented vegetables with brine**, follow the below instructions:

- Add 1 sachet of Vegetable Culture + 1 tsp sugar to your brine solution.
- Mix the brine solution well before pouring over your vegetables in the sterilised crock.

Fermentation will be faster. Within 5 days your fermented vegetables should almost be ready. Keep tasting regularly and transfer into the fridge when you're happy with the flavour.



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VERSION: 2

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in to win every month!



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are designed to make it
fast and simple for you to
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in your own home.
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