



Day 7: Fermented Foods Recipes

Coconut Milk Yogurt

You need a crock pot or Instant Pot for this recipe – it takes time and planning, but it is very easy. I do this because it is impossible to get pure coconut milk yogurt here where I live in Ecuador. But I thought I would offer it in case you are in an area where it is hard to find plant-based yogurts. This also works for soy milk, and I'm told it is thicker, although I do not eat much soy.

Making this is a bit of a process because it usually takes a couple of batches to get it really thick. I am in Ecuador, so I can make my own coconut milk as thick as I like it using fresh coconut flesh and coconut water (in a high-speed blender). But if you're somewhere where coconut milk is mostly sold in cans, you can certainly use that. Or coconut cream is even better so that the yogurt will be thicker.

Ingredients:

- 4 cups coconut cream if possible (milk will do)
 - 1 capsule of a good probiotic (the more strains the better)
- OR 1 container of plain coconut yogurt from the store (starter)

Directions:

Place the 4 cups of coconut milk in the crockpot and turn it on low. Let sit for 2.5 hours.

When the 2.5 hours are up, turn the crockpot off and let it sit for 2 hours.

When the 2 hours are up, take 1 cup of the warm milk or cream out of the crockpot and mix it with the starter OR empty the contents of the probiotic capsule into the cup and mix very well. If you're using a starter yogurt, leave it out for a couple of hours so it is not cold when you mix it up with the warm milk from the crock pot.

Put the mixture back in the crockpot and take the vessel out of the heating element, wrap in a heavy towel, and either put it in a cupboard or inside the oven (that is not turned on) for 8 to 10 hours. This is where the magic happens.

I started off with 9 hours and it was a bit too much so I now only do it for 8 hours, but it kind of depends on how “sour” you like your yogurt to taste.

After the 8 or 9 or 10 hours – take it out of wherever you’ve let it sit and put the vessel in the fridge to cool.

If you’re using probiotics, it will take a few batches to get thicker yogurt. But from now on you don’t have to use the probiotics. You are going to save ½ cup of the yogurt you’ve made to use for your next batch.

It will be runny at first. I use it for smoothies, but if you want to have it thicker, just strain it so that the heavier/thicker batch is separated from the runnier product.

Sauerkraut

I only make sauerkraut in jars rather than in big crocks – it’s easier to monitor. This recipe makes one 1-quart jar.

Ingredients:

- 1 medium head green cabbage
- Non-iodized salt (pure sea salt or pink salt, which is what I use)

Directions:

Take the outer leaves off the cabbage and save one or two of the cleanest good-sized ones because you’ll be using that to cover the kraut in the jar.

Quarter the cabbage and take out the core.

Grate or slice the cabbage very finely. You want to make lots of surface area for the salt to get into the cabbage. You can use a food processor, but I cut it by hand. No chunks!

Weigh the cabbage – 1.75 pounds, or about 800 grams, is perfect for a 1-quart jar.

Add 16 grams of salt* (.56 ounces)

**It’s important to ensure you have the right proportion of salt. The ratio is 50 to 1 – so 50 grams of cabbage to 1 gram of salt. 16 grams of salt is about 1 tablespoon of salt. But because different salts can have different densities, it is best to go by weight.*

Mix it together well in a mixing bowl, massaging the salt into the cabbage. I let it sit for 10 or 15 minutes, then continue massaging in the salt and squishing the cabbage to get lots of brine. You should have a little puddle in the bottom of the bowl when you tilt it to the side.

Stuff the whole mixture into the jar, packing tightly (but not too tightly). Continue pressing the cabbage to get as much brine going as possible. The cabbage and brine should get to about 1 ½ inches from the top so you have room for a weight. Be sure to put any of the brine from the bowl into the jar as well.

Most important: Make sure the brine completely covers the cabbage all the time.

Put the clean cabbage leaf on top of the mixture and press down. Be sure to have the brine cover the kraut, and you'll want to make sure all the time it's fermenting that the cabbage stays below the brine. Use a weight to keep the cabbage below the brine (you can buy commercial fermenting weights or a sterile rock or even use a small freezer bag filled with salt water – 1 tablespoon salt to 2 cups of water). Screw the lid on the top but leave it a bit loose so the gases can escape.

Now ferment. Put the jar in a shallow bowl to catch the brine that will probably leak out during the first week. Keep the jar out of direct sunlight and excess heat.

In the first few days you'll see little bubbles forming and likely some liquid will escape from the loose lid. Every day, open the lid to let the gases escape but make sure the brine still covers the cabbage. After a few days it won't bubble anymore. Just leave it closed (lid not tight because you still want the gasses to escape). Let it sit for two to four weeks – just watch that the brine covers the cabbage.

This is a very rudimentary recipe, but the one I use all the time. If you're nervous or have never done anything like this before, go online. There are literally dozens of videos and recipes with photos.

(Recipe adapted from our family tradition)

There are more recipes for fermented foods and many gut healthy recipes in my book, [“Don't Let the Memories Fade”](#), available in paperback and as an eBook on Amazon everywhere.