

FERMENTATION



3 IN 1 STARTER KIT

Preserving/boiling down
Fermentation
Storage



Incl. recipes and manual by
fermentation expert
Heiko Antoniewicz

ANTONIEWICZ.



*Classic:
pickled cucumber*



pickled plums

FERMENTATION

Preserving fruits and vegetables in brine (2-5% salt) without external energy (heating, cooling) is one of the oldest methods to keep food durable. Discover this traditional method in a modern way for your homemade goods.



*Beans, y
carrots,*



pickled beet



*Kra
Chinese cabbage!*



umber

FERMENTATION

Already 6000 BC fermentation was used to keep vegetables, meat and fish durable. If you leave food for a while, it changes its smell, structure and taste – microbes tamper them, normally it perishes.

By fermentation you regulate this process in a controlled manner. Bacteria or mushrooms, so called „good organisms“, decompose food into its parts as nutrients. During this process food changes its taste in a positive way and goodness increases.

You don't only get new and complex flavours, but food also becomes more digestible. Well known fermented goods are sauerkraut, marinated salmon, yoghurt, coffee, tea, beer and Corean traditional dish kimchi.

Today we re-discover native methods, appreciate homemade goods and a newly found out variety of taste. Furthermore fermentation is sustainable and saves natural resources, because this way of preserving works without external energy like cooling or heating.

And now enjoy discovering and tasting fermentation,



mixed carrots and red cabbage



peperoncini, cauliflower

Heiko Antoniewicz

WHO IS HEIKO ANTONIEWICZ?

Heiko Antoniewicz is a German chef, HoReCa influencer, author and product-designer. Even several years ago, running his own „star-chef“ restaurant, he started being on the track of culinary trends or rather created them looking for new ones. Therefore he combines classic culinary craftsmanship, modern science, traditional methods and innovative techniques. His books are highly considered benchmark and internationally decorated. He passes his knowledge in coachings to award-winning chefs and ambitious hobby chefs. He is considered a fermentation pioneer for years.



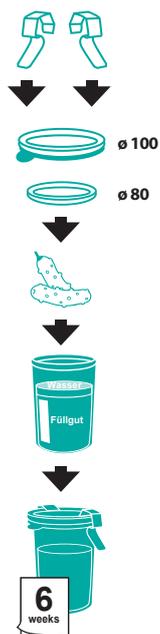
PLEASE NOTE!

It is important to use fresh, high-quality food. To avoid that disagreeable bacteria spread all jars, tools and accessories have to be cleaned (boil 10 minutes in hot water or heat in oven).

- positive:** lactic acid bacteria, acetic acid bacteria
- negative:** nonfermenter like pseudomonas, burkholderia, stentropomonas and acinetobacter (stick bacteria are not able to tamper/ferment glucose that may cause infections)
- dangerous:** pathogene germs and microorganism with illness causing characteristics up to food poisoning.



Fermentation



Clean jars, lids etc. properly. Fill jars with your choice, cover with **brine (min. 20g salt in 1000ml)** and close. Leave jars **2-3 days at room temperature**, then let it **stand dark 5-6 weeks** more to ferment. **Open lids every 2-3 days** to ventilate. Pay attention to the recipe.

Preserving



Clean jars, lids, rubber rings **2-3 minutes in hot „vinegar“ water**. Fill jars with goods and cover with liquid approx. **1 cm below the edge**. Close WECK® jar with a rubber ring, lid and 2 WECK® clamps. Close Le Parfait® jars with a rubber ring and swing-top wire. **Preserve in accordance with the recipe** (temperature, duration). Take the jars out of the water and let them cool down at **room temperature**. (Remove WECK® clamps only now).

Storage



Clean jars properly, let dry and fill with grain, cereals, dried fruit, rice, flour, musli or pasta etc. and **close tightly**. Ideal for storage or decoration. Please note information regarding the shelf life of the content.

WECK®-STARTER KIT “3 IN 1“

WECK

1590 ML / 56 FL. OZ



WECK® starter kit

“3 in 1“ starter kit - WECK® 1590 ml #794



VE



6 sets 162 sets

Art. no.

44819

EAN Code

4037839409830

Including: 1590 ml WECK® cylindrical jar #794, WECK® glass lid Ø 100 and Ø 80, rubber ring 94/108, 2 WECK® clamps, silicone lid and recipe booklet.

LE PARFAIT STARTER KIT "3 IN 1"

Le Parfait[®]



1000 ML /
35.2 FL. OZ



Fermentation stone in two parts, made of unglazed clay baked at 1200 °C*

750 ML /
26.4 FL. OZ



Le Parfait starterkit

"3 in 1" starter kit - Le Parfait 1000 ml

"3 in 1" starter kit - Le Parfait 750 ml



6 sets 216 sets

6 sets 270 sets

Art. no.

44840

44839

EAN Code

4037839409892

4037839409861

Including: 1000 ml or 750 ml Le Parfait swing-top jar, rubber ring, fermentation stone and recipe book

*Thus the clay is harder and does not let pass any liquid. This can happen by using slighter burned stones because severe acids may attack them.

Recipes*

BASIC RECIPE FERMENTATION IN BRINE

*(except, all starter kits include a recipe booklet with complete versions. Additionally all recipes can be found at www.einkochwelt.com)

Layer cut food in a vessel.

Brine: Boil 1000 ml water with 20 g non iodized salt. Cover ingredients in jar completely with cooled down brine. Weight down with fermentation stone (Le Parfait) or with 80 mm WECK® glass lid (WECK® jar). Close jars, swing top, WECK® glass lid or silicone lid suitable for WECK® jar. Ventilate every 2-3 days.

Leave vessels 3-4 days at room temperature to start lactic acid fermentation by itself. After this let stand for at least 3 weeks, min 15°C. Then the food is durable, but fermentation continues. There is no point when it is “finished“. This is up to your taste. As soon as it is okay for you, consume or put it into the fridge to slow down fermentation and keep the taste mostly constant.

KOHLRABI WECK® jar 1050 ml

Ingredients:

2 kohlrabi with greens
400 ml warm water
20 g sugar
[...]

Preparation:

Peel kohlrabi and cut into thin slices, sugar and salt in blanchwater and ad vinegar. *



RHUBARB WECK® jar 1050 ml

Ingredients:

5 rhubarb stalks
800 ml water
4 g salt
1 twig tarragon
[...]

Preparation:

Wash rhubarb and peel, cut into pieces of a length of about 15 cm and fill up the jar. Allow to stand dark in a fridge at least for 2 weeks time. *





SALTED TANGERINES WECK® jar 750 ml

Ingredients:

6 tangerines (bio-tangerine because we use them completely with skin)
[...]

Preparation:

Wash tangerines accurately. Place tangerines in a jar.*

BLACK NUTS WECK® jar 1050 ml

Ingredients:

250 g walnuts, green and immature
½ vanilla bean
350 g preserving sugar
[...]

Preparation:

Prick nuts 10-15 times with a roulade skewer and leave in cold water. Boil with water, 300 g sugar.*

Tips

- You can ferment basically any vegetables, but the use of fresh seasonal organic ones is recommended
- Use non-refined salt
- Keep food covered with liquid during the whole fermentation process
- You may use jars (WECK®, Le Parfait) without rubber rings for better venting
- If you use rubber rings (WECK®, Le Parfait) or silicone lid for WECK® jars, please open lid every 2-3 days to ventilate
- Store the jars in the dark during fermentation





Do you have any questions? We're here to help!

Dosen-Zentrale Züchner GmbH | Lise-Meitner-Straße 10 | D-40721 Hilden
☎ +49 (0) 21 03 98 97-0 | 📧 +49 (0) 21 03 98 97-10
www.einkochwelt.de | info@einkochwelt.de

**Distributed
by:**