

Chels

TAYLOR



Beyond the Cabbage - 3 EASY Fermentation Recipes

Ginger & Lemon Carrot Sticks

Ingredients:

800g carrots (approx.), peeled and cut into thin sticks
1 knob of ginger, finely grated (approx. 20g)
Sidenote: You can use a sprig of rosemary instead if you don't like ginger. Personally, I prefer the ginger flavour
1 lemon, cut into 6 slices (rounds)
2 teaspoons Celtic salt
1 sachet of Body Ecology (BE) Culture Starter
2 teaspoon of BE EcoBloom, honey or rapadura
700ml of lukewarm water (37 degrees Celsius)
add more or less water if required

Implements:

- 2 airtight glass jars with 500ml capacity (or above);
- A sharp knife, grater and chopping board.

Instructions:

1. Wash all implements thoroughly in very hot water and allow to air dry, or dry with a clean tea-towel;
2. Dissolve one sachet of BE Culture Starter in 250 ml of lukewarm water (37 degrees). Add 2 teaspoons of some form of sugar to feed the starter (e.g. BE EcoBloom, rapadura or honey) and stir. Allow to stand for 20 minutes;
3. Peel the carrots and slice into thin sticks, keeping the size as consistent as possible;
4. Finely grate the ginger;
5. Slice the lemon into six thin slices, disregarding the ends;
6. Place the carrot sticks in the jars, adding the ginger, lemon slices (3 per jar) and Celtic salt (1 teaspoon per jar) throughout;
7. Pour the water / culture mix into the jars in equal portions. Add additional water until the carrots are fully submerged;
8. Clamp / close the jar and shake gently to mix all ingredients. Leave at room temp (ideally 20-22 degrees Celsius) for no more than 6 – 8 days, then refrigerate. Consume within 5 months.



Herbed Cherry Tomatoes

Ingredients:

350g cherry tomatoes – the smaller in size the better
30g parsley, finely chopped
30g basil leaves, finely chopped
8 small cloves of garlic, peeled
½ teaspoon coriander powder or seeds
½ teaspoon mustard seeds
½ teaspoon black peppercorns
2 teaspoons Celtic salt
1 sachet of BE Culture Starter
2 teaspoons of BE EcoBloom, honey or rapadura
250ml lukewarm water (adjust depending on the size of the tomatoes)
1-2 large kale leaves that can be rolled into a log to keep the tomatoes below the brine (*alternatively, use a follower or a rolled cabbage leaf*)



Implements:

- 1 airtight glass jar with 500ml capacity (or above);
- A sharp knife, wooden spoon and chopping board.

Instructions:

1. Wash all implements thoroughly in very hot water and allow to air dry or dry with a clean tea-towel;
2. Dissolve one sachet of BE Culture Starter in 250 ml of lukewarm water (37 degrees). Add 2 teaspoons of some form of sugar to feed the starter (e.g. BE EcoBloom, rapadura or honey) and stir with a wooden spoon;
3. Wash the tomatoes and place them in the jar, adding chopped parsley, basil, garlic cloves, coriander powder, mustard seeds and black peppercorns throughout;
4. Pour the water which contains the BE Culture Starter into the jar so that it surrounds the tomatoes, leaving a 2 inch space at the top of the jar;
5. Roll up 1 - 2 kale leaves into a tight "log" and place them on top of the tomatoes to fill the remaining 2 inch space, ensuring the brine covers the tomatoes. Clamp / close the jar lid so that it is airtight;
6. Leave at room temp (ideally 20-22 degrees Celsius) for no more than 5 days, then refrigerate. Consume within 5 months.

Zucchini Celery Combo

Ingredients:

350g celery, diced into small pieces
400g zucchini, grated
100g granny smith apple, grated
1 small red onion (approx. 60g)
30g Russian kale, stem removed and finely chopped
2 cloves of garlic, finely chopped
10g ginger, finely grated
2 teaspoons Celtic salt
1 sachet of BE Culture Starter
2 teaspoons of BE EcoBloom, honey or rapadura
400ml lukewarm water
2 - 4 large kale leaves that can be rolled into
a log to keep the veg below the brine
(alternatively, use a follower or a rolled cabbage leaf)

Implements:

- 2 airtight glass jars with 500ml capacity (or above);
- A sharp knife, chopping board, large bowl, blender, wooden spoon and an implement to press the veggies into the jars, such as a rolling pin or similar, although you can use your hands if you prefer.

Instructions:

1. Wash all implements thoroughly in very hot water and allow to air dry, or dry with a clean tea-towel;
2. Dissolve one sachet of BE Culture Starter in 150ml of lukewarm water (37 degrees). Add 2 teaspoons of some form of sugar to feed the starter (e.g. BE EcoBloom, rapadura or honey) and stir. Allow to stand for 20 minutes;
3. Grate / slice / dice the celery, zucchini, onion, parsley, garlic and ginger, and place into the bowl. Add 50g of the grated apple to the mix. Sprinkle with 1 teaspoon of Celtic salt and “massage” the salt into the veggies with your hands;
4. Take the remaining 50g of grated apple, the remaining water (250ml), the remaining Celtic salt (1 teaspoon) and blend to make a brine. Pour this back into the bowl and combine with the BE Starter Culture mix (created in step 2) and mix thoroughly with clean hands or a wooden spoon;
5. Pack the veggie / brine mix into the glass jars tightly with your hands or the packing implement, leaving two inches at the top for veggies to expand;
6. Roll up 1 - 2 kale leaves into a tight “log” and place them on top of the veggies to fill the remaining 2 inch space, ensuring the brine covers the veggies. Clamp/close jar lid so that it is airtight;
7. Leave at room temp (ideally 20-22 degrees Celsius) for 10 days and then refrigerate. Consume within 5 months.



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Teaching "Fabulous Fermentation" the EASY way!

Why Probiotic Nutrition?

When it comes to nutrition and self-care there is a myriad of information out there which can be overwhelming and perplexing. Ultimately, **our health largely comes down to the state of our gut flora**. If your digestive system is compromised malabsorption can result, leading to imbalances and a host of health problems from digestive disturbances (*such as diarrhoea, constipation, which may or may not be accompanied by cramps, often referred to as Irritable Bowel Syndrome*), to aching joints, skin issues, poor resilience/compromised immunity and even mental health issues including behavioural problems and anxiety.

One of the best things you can do for your health is to get you gut balanced through the use of probiotic nutrition and a healthful lifestyle, so that you can absorb the minerals and nutrients from you food. The term "probiotics" refers to beneficial bacteria. The human body is dependent on a having a sufficient store of beneficial bacteria in the gut to enable smooth digestion and good health. Unfortunately, poor dietary and lifestyle habits, stress, environmental toxins, food preservatives, anti-biotics and chlorinated water kill off the good guys, often leading to an imbalance in the digestive system and a proliferation of not-so-nice bacteria such as candida albicans.



Luckily, there are many things we can do to heal the gut and improve our overall health. From my personal experience, I can't overemphasise the importance of including probiotic foods in your daily diet. An **EASY** and fun way to do this is by making your own **kefir** and **cultured vegetables** using **Body Ecology Starters**.

Why Use a Culture Starter?

Using Body Ecology Kefir and Veggie Culture Starters takes the risk and guesswork out of at-home fermenting. This approach means you know exactly what you are getting in terms of beneficial bacteria strains. For those with compromised gut flora (which is most people in the western world), the cultures can be a more healthful choice than wild fermentation options such as kefir grains or kombucha. According to Donna Gates, founder of the Body Ecology Group, ***“Wild ferments challenge the immune system and can be too much for someone with a wounded inner ecosystem (and a sluggish thyroid or tired adrenals) to bear”.***



If you eat wild fermented foods and are not seeing the changes you would like in your health, this could be the missing piece of the puzzle. Common wild ferments include beet or veggie kvass, cultured vegetables made with only cabbage and salt, and dairy or water kefir made with kefir grains. If you consume these foods and notice an itchiness in the back of your throat or in your ears, acne, moodiness, or offensive body odour, these are just a few of the signs related to a change (for the worse) in your body's ecology.

Using a starter culture in your fermented foods targets gut health and supports the immune system. **A starter culture inoculates your food with beneficial microbes and ensures that good bacteria and yeast are growing, with little room for contamination or growth of problematic strains.** Similar to a probiotic you might find at a health food store, cultured foods deliver specific strains of microbes. The only difference is that while a probiotic supplement contains dormant or “sleeping” strains of bacteria and yeast, cultured foods are active and living. This ensures the survival of good bacteria and yeast all the way to the colon.

A Little About My Journey

When I first stumbled on probiotics in 2003 at the tender age of 27, they changed my life so radically, that I just had to know more. For the five years prior, I'd struggled with undiagnosed leaky gut syndrome and an overgrowth of candida albicans, after contracting the dreaded “Kissing Disease”, Glandular Fever, (Epstein Barr Virus), at age 22. I'd suffered debilitating thrush, foggy brain, irritable bowel, fatigue and many other symptoms and I'd had more ultrasounds, x-rays and blood tests than I care to count; most of which proved inconclusive.



The first probiotic that I ever took was called **Threelac**. I was desperate after a triple dose of anti-biotics targeting the harmful bacteria helicobacter pylori, left my digestive system stripped raw. At the time, I ordered Threelac online from a U.S. supplier for \$80 a box; thankfully, it's cheaper now than it was then! It was a game changer for me and helped to arrest my symptoms within weeks. I believe in it so much that I've recently started stocking it in my online store.

My experience with Threelac motivated me to learn the art of fermentation in an effort to obtain probiotics from a food source rather than from a man-made powder. The ability to do this, is what I want to share and shout from the rooftops. **My passion is educating others so that they have the tools to nourish their mind, body and soul and improve their health.**

However, there's a bit more to the fermentation equation than meets the eye. The truth is, hanging out with fresh veg makes me feel good. I'm going to get all woo-woo here and say that it's something about the vibration of beautiful fresh produce plucked from Mother Earth that lifts me up. If I'm feeling a bit lacklustre, chopping up a batch of fresh cabbage, carrot, caul or whatever else I choose, is like medicine.

It wasn't always this way though. **In the early days of my fermentation journey the preparation phase felt clunky, slow and cumbersome and the end result was often far less than I'd hoped for.** One day I spent what felt like hours slicing and preserving cucumbers with whey and Celtic salt, only to crack them open at the prescribed timeframe and endure a taste test experience that was akin to putting a 9-volt battery on my tongue! Needless to say, the whole batch went to the chooks, who found them similarly distasteful.



Around the same time I was making kefir with grains and again, I found the whole exercise far too time consuming to be sustainable in the long-term. **As a working mother with two primary school aged children, I need things to be EASY and efficient.** When I learnt the Body Ecology way of fermenting using predetermined starter cultures in 2014, my “femthusiasm”, as I call it, gained a whole new lease of life. Not only was my success rate 100%, the whole process was swifter and as a consequence, far more enjoyable. On top of that, **I now know exactly what probiotic strains I'm getting**, which gives me peace of mind. Sure, you have to purchase the cultures, but one pack of six sachets lasts for ages and I look at it as an insurance policy for a risk-free ferment; in addition, I save time and money as I no longer have disasters that I need to bin.



So, the long and the short of it, is that **I teach: The EASY way**, not the hard road of traditional fermenting; I'll leave that to the purists. In my class, you won't learn 101 different combinations of fermented veg, what you will get is a great grounding in how to make two or three base recipes, including my delicious Kid-friendly and Combo-Kraut options. I'll also provide you with some taste-testers and show you the simplest kefir-making method that I've found. My aim is to short-circuit the process for you so you don't have to do the hard yards. Accordingly, I'll demonstrate using readily available kitchen

implements, not fancy cabbage corers and shredders, and I promise no \$100 Kraut Cocks; instead, I use cheap (but ideal) jars from IKEA. If that sounds like your cup of tea, and you'd like to learn the EASY way to ferment, please come along to one of my **Fabulous Fermentation Classes** or download my **Online Video Course at www.chelstaylor.com**.

What Others Have to Say



"Thank you Chels it was a wonderful class and so lovely to meet many lovely ladies too!" **Gillian Mertens**



"Thanks Chels, you really made my day; I was there to be convinced (as I said I'm a sceptic and have had lots of trust, aka "scared I'm going to poison myself & my kids" 'issues!) So today felt super safe and hopefully fail-free!!!" **Hayley Pulham**



"What a wonderful workshop - I am so excited that I don't have to do it the 'hard' way anymore - Thanks!!" **Felicity O'Dea**



"Feeling very inspired!! Mastering fermented veg was on my bucket list for 2017. I'm relieved to see how easy it can be. Thanks so much!" **Jackie Thorn**



"Chels makes you feel like part of her family as she gently guides you through the art of probiotics. There is an instant rapport in these small group sessions because of Chels' lovely manner. Thank you for starting me and my family on this incredible journey." **Eleanor King**



"Probiotics is something I've always been interested in but never knew how to go about it. Chels made it so easy and achievable with her warm, friendly manner".
Helen Fox

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for details of upcoming classes, online video courses
and to order culture starters.

Or email chels@chelstaylor.com to enquire about
running a class at your preferred venue.