



One striking observation [of ethnic cuisines] is that rarely are meals eaten without at least one fermented food, often a drink. In France, if one took away bread, cheese, ham, sausage, wine and beer, all produced through fermentation, our meals would be much impoverished. In colder countries sauerkraut, cucumbers, *cornichons* (always fermented in the old days), other vegetables and many types of fish preserved by fermentation are always served. In Japan, it's not a meal without *miso*, soy sauce and pickles, all fermented products. In India, they drink soured milk every day, practically at every meal. In Indonesia they eat *tempeh*, in Korea *kimchi* (a kind of sauerkraut) and in Africa porridge of fermented millet or cereal beers. In Moslem countries these fermented drinks are forbidden but they eat bread, dishes made with fermented pulses and milk products. Without being indispensable, a small amount of some raw fermented food (preferably lacto-fermented) helps the digestion. This is especially true when the meal is a bit heavy. It isn't by chance, nor merely for the pleasure of taste, that we eat *cornichons* with *charcuterie*. Claude Aubert *Dis-Moi Comment Tu Cuisines*

KOREAN SAUERKRAUT

(Kimchi)

Makes 2 quarts

- 1 head Napa cabbage, cored and shredded
- 1 bunch green onions, chopped
- 1 cup carrots, grated
- 1/2 cup daikon radish, grated (optional)
- 1 tablespoon freshly grated ginger
- 3 cloves garlic, peeled and minced
- 1/2 teaspoon dried chile flakes
- 1 tablespoon sea salt
- 4 tablespoons whey (if not available, use an additional 1 tablespoon salt)

Place vegetables, ginger, red chile flakes, sea salt and whey in a bowl and pound with a wooden pounder or a meat hammer to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the vegetables should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.

JAPANESE SAUERKRAUT

(Tsukemono)

Makes 1 quart

- 1 head Napa cabbage, cored and shredded
- 1 bunch green onions, chopped
- 2 tablespoons naturally fermented soy sauce
- 2 tablespoons fresh lemon juice
- 1 teaspoon sea salt
- 2 tablespoons whey (if not available, use an additional 1 teaspoon salt)

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