

Fermented Food Recipes



Cucumber Pickles

Kosher Dills may be associated with the Ashkenazim who immigrated from Eastern Europe to New York in the 19th and 20th Centuries, but the ingredients and flavors go back to The Torah.

These pickles can be eaten after a few days, and will be fully sour after one to four weeks depending on the temperature.



Labneh yogurt



Labneh is yogurt with much of the whey removed, more solid than “Greek-Style Yogurt.”

This preparation is based on that of the Levant, the lands of the eastern Mediterranean; Lebanon, Syria, Israel. The word Labneh is from the Arabic, “laban” meaning white or milk.



Basic Lacto-Fermenting Sauerkraut

Lacto-fermenting is simple!

Various strains of Lactobacillus are present on the surface of produce, so there’s no need to add any additional yeast or starter culture.

You just need a clean jar, chopped vegetables, non-chlorinated water, and an adequate amount of salt.

