



# Fermentation Nation

with

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## Pickled Veggies

### Ingredients:

4 ounces fresh herbs, such as thyme, rosemary, basil, and dill  
2-4 cloves garlic, smashed  
1 teaspoon each black peppers and coriander seeds  
2 pounds fresh fruits and veggies such as carrots, beets, cauliflower, asparagus, cherries, and strawberries  
2 cups apple cider vinegar  
2 cups water  
1/4 cup kosher salt  
2 tablespoons honey or sugar  
Zest and juice of 1 lemon

### Directions:

1. Divide the herbs - garlic, peppercorns, and coriander seeds, among glass jars. Pack the fruits and veggies into the jars, packing them in tight, but leaving a 1/2 inch space at the top of the jar.
2. In a large pot, bring the vinegar, water, salt, and honey to a boil over high heat, stirring until the salt has dissolved. Remove from the heat and stir in the lemon zest and juice. Pour the pickling brine over the fruits and veggies, filling the jars up to 1/2 inch from the top. Seal the jars and let them cool at room temperature. Chill at least 4 hours and up to 2 months. The longer the fruits and veggies sit, the more flavor they will develop.



## Instant Pot Yogurt

### Ingredients:

½ gallon of whole milk (organic is best in this recipe)

2 ¼ tablespoons of yogurt with Active Bacterial Cultures

### Directions:

- Optional Equipment Sterilization:
    - **Instant Pot:** Place 2 cups of cold water and a trivet in the Instant Pot. Place silicone spatula, Pyrex glass measuring cup, and tablespoon measuring spoon in the Instant Pot. Close the lid and move the Venting Knob to Sealing Position. Sterilize everything at High Pressure (Use the manual/pressure cook button) for 3 minutes + natural release.
    - **Stovetop:** sanitize equipment (including meat thermometer) on stovetop by boiling them for 10 minutes.
  - After sterilization, air dry the equipment on a clean rack.
1. Pour 2L (½ gallon) of organic 3.8% whole milk in the inner pot. Close lid (venting knob position doesn't matter). Use the Yogurt - More function to boil the milk to at least 180°F to denature the proteins. It will say "boil" on the screen. It will take roughly 35-40 minutes. The Instant Pot screen will change to "yogt" when the boiling is done.
  2. Open the lid. Check the milk temperature immediately in a few spots and make sure the milk is over 180°F. Stir with a silicone spatula and check the temperature again to make sure all the liquid is over 180°F.
  3. After the milk is heated, place 32g (a little more than 2 tablespoons) of the yogurt into a glass measuring cup. Do not add the yogurt starter to the hot milk, as it will kill the bacterial cultures. (If you sterilized the measuring cup, make sure it has cooled to the touch).
  4. Cool milk to 111°F. You can leave the pot on counter-top and wait until the milk cool to 111°F.
  5. Alternatively, to quickly cool down the milk temperature, fill a larger pot or kitchen sink with cold tap water. Partially submerge the inner pot with the heated milk into the cold tap water. Stir the milk in a circular motion with a silicone spatula and frequently measure the temperature. It will take 2-4 minutes to cool the milk to 111°F. Remove the pot from cold water immediately.
  6. Add ½ cup of the cooled milk to the measuring filled with yogurt starter. Gently mix it with the tablespoon measuring spoon. Pour the yogurt and milk mixture back into the inner pot and give it a few gentle stirs with the silicone spatula.



7. **Yogurt Incubation:** Place inner pot back in the Instant Pot. Close lid (Venting Knob position doesn't matter) and use the Yogurt - Normal Function to incubate the yogurt. Adjust the time to 8:00 – 12:00 depending on how tangy you like your yogurt (longer time = more tangy). You can open the lid for a taste test once the yogurt is set. Roughly 6 hours. Note: don't disrupt the fermentation process by moving the Instant Pot or opening the lid. Wait until it is set (roughly 6 hours) before opening the lid!
8. **Stop the Incubating Process:** Once the yogurt has reached the desired tangy level, remove the inner pot of yogurt and place it in the fridge for a few hours to stop the incubating process. The yogurt will also thicken a little as it cools.



# Kimchi

## Ingredients:

1 medium head napa cabbage (about 2 pounds)  
1/4 cup iodine-free sea salt or kosher salt (see Recipe Notes)  
Water, preferably distilled or filtered  
1 tablespoon grated garlic (5 to 6 cloves)  
1 teaspoon grated peeled fresh ginger  
1 teaspoon granulated sugar  
2 tablespoons fish sauce or salted shrimp paste, or 3 tablespoons water  
1 to 5 tablespoons Korean red pepper flakes (gochugaru)  
8 ounces Korean radish or daikon radish, peeled and cut into matchsticks  
4 medium scallions, trimmed and cut into 1-inch pieces  
Equipmet: 1 quart glass jar with lid

## Directions:

1. Cut the cabbage lengthwise through the stem into quarters. Cut the cores from each piece. Cut each quarter crosswise into 2-inch-wide strips.
2. Place the cabbage in a large bowl and sprinkle with the salt. Using your hands, massage the salt into the cabbage until it starts to soften a bit. Add enough water to cover the cabbage. Put a plate on top of the cabbage and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours.
3. Rinse the cabbage under cold water 3 times. Set aside to drain in a colander for 15 to 20 minutes. Meanwhile, make the spice paste.
4. Rinse and dry the bowl you used for salting. Add the garlic, ginger, sugar, and fish sauce, shrimp paste, or water and stir into a smooth paste. Stir in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons); set aside until the cabbage is ready.
5. Combine the vegetables and spice paste. Gently squeeze any remaining water from the cabbage and add it to the spice paste. Add the radish and scallions.
6. Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!
7. Pack the kimchi into a 1-quart jar. Press down on the kimchi until the brine (the liquid that comes out) rises to cover the vegetables, leaving at least 1 inch of space at the top. Seal the jar.
8. Let it ferment for 1 to 5 days. Place a bowl or plate under the jar to help catch any overflow. Let the jar stand at cool room temperature, out of direct sunlight, for 1 to 5 days. You may see bubbles inside the jar and brine may seep out of the lid.



9. Check the kimchi once a day, opening the jar and pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during fermentation.) Taste a little at this point, too! When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two. vanilla and whisk until they are smooth. Pour the glaze into a bowl and set the bowl over a small saucepan of water and set aside.



# Sauerkraut

## Ingredients:

1 medium head red cabbage (about 3 pounds)

1 1/2 tablespoons kosher salt

1 tablespoon caraway seeds

Equipment: Mason jar and smaller jelly jar

## Directions:

1. Clean everything thoroughly. When fermenting anything, it's best to give the good, beneficial bacteria every chance of succeeding by starting off with as clean an environment as possible. Make sure your mason jar and jelly jar are washed and rinsed of all soap residue. You'll be using your hands to massage the salt into the cabbage, so give those a good wash, too.
2. Discard the wilted, limp outer leaves of the cabbage. Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge crosswise into very thin ribbons.
3. Transfer the cabbage to a big bowl and sprinkle the salt over top. Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands. At first it might not seem like enough salt, but gradually the cabbage will become watery and limp — more like coleslaw than raw cabbage. This will take 5 to 10 minutes. If you'd like to flavor your sauerkraut with caraway seeds, mix them in now.
4. Grab handfuls of the cabbage and pack them into the canning jar. If you have a canning funnel, this will make the job easier. Every so often, tamp down the cabbage in the jar with your fist. Pour any liquid released by the cabbage while you were massaging it into the jar. Optional: Place one of the larger outer leaves of the cabbage over the surface of the sliced cabbage. This will help keep the cabbage submerged in its liquid.
5. Once all the cabbage is packed into the mason jar, slip the smaller jelly jar into the mouth of the jar and weigh it down with clean dried beans or rice. This will help keep the cabbage weighed down, and eventually, submerged beneath its liquid.
6. Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine. This allows air to flow in and out of the jar, but prevents dust or insects from getting into the jar.
7. Over the next 24 hours, press down on the cabbage every so often with the jelly jar. As the cabbage releases its liquid, it will become more limp and compact and the liquid will rise over the top of the cabbage.
8. If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage.



9. Ferment the cabbage for 3 to 10 days. As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature — ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid. Because this is a small batch of sauerkraut, it will ferment more quickly than larger batches. Start tasting it after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate. You can also allow the sauerkraut to continue fermenting for 10 days or even longer. There's no hard-and-fast rule for when the sauerkraut is "done" — go by how it tastes. While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. These are all signs of a healthy, happy fermentation process. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged; don't eat moldy parts close to the surface, but the rest of the sauerkraut is fine.
10. Store sauerkraut for several months. This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.

