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Fermentation is one of the oldest and basic forms of preserving food. Fruits and vegetables contain natural bacteria that, when deprived of air, can suppress and inhibit the growth of other microbes that would cause spoilage. During the fermentation process, these natural bacteria convert the carbohydrates and sugars the ideal environment to preserve that food. Lacto-fermentation, a process brought on through the presence of lacticobacillus, gives fermented foods and drinks their signature tangy and sour taste, but also creates probiotics that aids in digestion.

2. Using a muddler or wooden spoon, muddle and bash the cabbage for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the cabbage.

3. Pack cabbage tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the water.

4. The liquid should cover the cabbage by at least 1cm. water to cover the cabbage.

5. Add the Kilner® Ceramic Stones on top of the cabbage, used together. The Ceramic Stones are designed to weigh down the jar and insert the airtick into the jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the water.

6. Clean the rim of the jar removing any debris. Place the lid on top of the jar and insert the airtick into place. Fill the air lock with water and leave to ferment at room temperature (64°F - 75°F / 18°C - 24°C) for 1 - 4 weeks. Check daily that the lid is firmly down and secure. If the lid has raised, then push back into position.

7. After the first week, we recommend that you taste your sauerkraut every couple of days until the desired flavour and texture is achieved.

8. It can take up to 4 weeks for your desired flavour to be achieved and external factors like room temperature and thickness of cabbage can affect the process.

9. Once you are happy with your sauerkraut, store in the refrigerator or transfer to Kilner® Jars. Consume within one month.

10. Once you are happy with the taste, store in the refrigerator or transfer to Kilner® Jars. Consume within one month.

What is fermentation?



Fermentation Set

Recipes • Care & Use



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Homemade Sauerkraut



For more information, recipes, hints and tips, visit www.kilnerjar.co.uk



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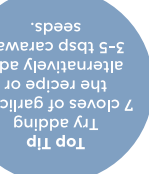
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Hausgemachtes Sauerkraut

Kilner® 5 Litre Fermentation Set



1. Thinly slice cabbage and place into a large bowl. Add all other ingredients and sprinkle with salt.

2. Using a muddler or wooden spoon, muddle and bash the cabbage and apple for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the mixture.

3. Pack cabbage tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the water.

4. The liquid should cover the cabbage by at least 1cm.

5. Add the Kilner® Ceramic Stones on top of the jar, ensuring all of the cabbage and apple is submerged below the liquid. The Ceramic Stones are designed to weigh down the contents and ensure the anaerobic process can begin.

6. Clean the rim of the jar removing any debris. Place the lid on top of the jar and insert the airtick into place.

7. Fill the air lock with water and leave to ferment at room temperature (64°F - 75°F / 18°C - 24°C) for 1 - 4 weeks. Check daily that the lid is firmly down and secure. If the lid has raised, then push back into position.

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Other products you may like



Kilner® Set of 2 Fermentation Jar Set

Fermented Red Cabbage and Apple

You will need:

- 2.2kg / 4.8lb Red cabbage (core removed)
- 15 Juniper berries, crushed
- 22 Coriander seeds, crushed
- 225g / ½ lb Apples, cored and grated
- 3 tbsps sea salt

Method:

1. Thinly slice cabbage and place into a large bowl. Add all other ingredients and sprinkle with salt.
2. Using a muddler or wooden spoon, muddle and bash the cabbage and apple for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the mixture.
3. Pack cabbage tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the water.
4. The liquid should cover the cabbage by at least 1cm.
5. Add the Kilner® Ceramic Stones on top of the jar, ensuring all of the cabbage and apple is submerged below the liquid. The Ceramic Stones are designed to weigh down the contents and ensure the anaerobic process can begin.
6. Clean the rim of the jar removing any debris. Place the lid on top of the jar and insert the airtick into place.
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Fermentierter Rotkohl & Apfel

Zutaten:

- 2.2kg Rotkohl (Kerngehäuse entfernt)
- 15 Wacholderbeeren, zerquetscht
- 22 Koriandersamen, zerkleinert
- 225g Äpfel, entkernt und gerieben
- 3 Esslöffel Salz

Vorgehensweise:

1. Kohl in dünne Scheiben schneiden und in eine große Schüssel geben Gib mal. Alle anderen Zutaten dazugeben und mit Salz bestreuen.
2. Mit einem Mixer oder Holzlöffel Kohl und Apfel 10 Minuten verrühren Lange gut mischen. Dadurch wird Flüssigkeit freigesetzt und es Es entsteht eine Natursole, in der der Kohl gärt. Aufsehen Fahren Sie fort, bis Sie genug Flüssigkeit haben, um die Mischung zu bedecken.
3. Gießen Sie die Mischung fest in das Kilner® Fermentationsglas. Respekt, denke hoch an Achte immer darauf, oben ca. 6.5 cm zu lassen und füge hinzu dann die Flüssigkeit dazugeben. Die Mischung sollte vollständig sein mit mindestens 1cm Sole bedeckt sein. Sollte das nicht der sein Wenn ja, stellen Sie eine Salzlake her, indem Sie 2 Esslöffel Meersalz zu 1 hinzufügen Geben Sie Liter Wasser.
4. Fügen Sie die Kilner®-Keramiksteine dem Glas hinzu und achten Sie darauf, dass der gesamte Kohl und die Äpfel unter die Flüssigkeit gehalten werden. Die Keramiksteine sind so ausgelegt, dass sie den Inhalt beschweren und sicherstellen, dass der anaerobe Prozess beginnen kann.
5. Reinigen Sie den Glasrand, indem Sie alle Rückstände entfernen Löschen. Verschleusen Sie das Glas mit dem Deckel und Luftschleuse. Füllen Sie die Luftschleuse mit Wasser und lassen Sie sie los Bei Raumtemperatur (18°C - 24°C) mindestens 1 - 4 Wochen fermentieren. Prüfen Sie täglich, ob der Deckel dicht und sicher ist. Wann Wenn sich der Deckel verschoben hat, schieben Sie ihn wieder hinein seine Stellung zurück.
6. Nach der ersten Woche empfehlen wir Ihnen, Ihre Produkte alle paar Mal auszuprobieren Abschmecken bis der gewünschte Geschmack und die Tage gewünschte Konsistenz erreicht wird. Es kann bis zu 4 Wochen dauern nehmen, bis der gewünschte Geschmack erreicht ist. Externe Faktoren wie Raumtemperatur und Größe des Kohls können den Prozess verändern erweitern.
7. Wenn Sie mit Ihrem fermentierten Ergebnis zufrieden sind, lagern Sie In den Kühlschrank stellen oder in versiegelte Kilner®-Gläser füllen um herum. Das fermentierte sollte innerhalb eines Monats verbraucht werden.

GB Care and Use

CAUTION: DO NOT POUR BOILING WATER DIRECTLY INTO THE GLASS JAR.

- Before use, ensure your Kilner® Fermentation Set is clean and free of any food remnants.
- Hand wash air lock.
- Glass Jar, silicone lid and ceramic stones are dishwasher safe.
- IMPORTANT:**
 - Always use filtered water in the recipe.
 - We recommend to use salt free of iodine and anti-caking agents.
 - When filling your Kilner® Jar, leave 2.5 inch/6.5cm headspace. This allows for any expansion of food/liquid during the fermentation process.
 - Check that the lid is firmly down and secure daily for the first few days of fermentation. If the lid has raised, then push back into position.
 - Always ensure food inside your Kilner® Jar is completely submerged under the salt brine. The Ceramic Stones have been specifically designed to aid this.
 - The Kilner® Fermentation Jar should be kept at 64°F - 75°F / 18°C - 24°C, this is the ideal temperature for the fermentation process to thrive.
 - Once ready, transfer to the refrigerator to slow down the fermentation process. Alternatively, transfer to Kilner® Clip Top Jars, seal and store in the fridge.
 - We recommend you check your fermenting food on a regular basis. You may find that some foam has appeared on the top of your food; this is perfectly normal and can be removed using a skimmer or spoon. We also recommend regularly clean the inside of the top of the jar, removing any debris or juices that may build up.
 - If mould appears in your ferment, discard the batch and start again.

FR Usage et Entretien
NE PAS VERSER D'EAU BOUILLANTE DIRECTE MENT DANS LE BOCAL.

- Avant utilisation, assurez-vous que le kit de fermentation Kilner® est propre et exempt de toute trace de nourriture.
- Lavez à la main l'arrêt manuel de l'air.
- Sur le pot Kilner® le couvercle en silicone et la fermeture sont lavables au lave-vaisselle.
- Lorsque vous remplissez le pot Kilner®, laissez environ 5cm vides.
- Vérifiez que le couvercle est bien fermé et sécurisé à chaque fois jours pendant les deux premiers jours de fermentation. Si la le couvercle s'est levé, repoussez-le en place.
- Assurez-vous toujours que les aliments sont complètement recouverts de saumure. Les poids en céramique Kilner® (inclus dans ce set) permettront d'appuyer sur les aliments et de réaliser le processus de fermentation anaérobie.
- Le pot de fermentation Kilner® doit être conservé entre 64°F et 75°F / 18°C - 24°C, qui sont les

températures idéales pour le process fermentation.

- Une fois le processus terminé, placez au réfrigérateur pour ralentir la processus de fermentation.
- Autre possibilité: Transférer le contenu dans un pot Kilner®, fermez-le et mettez-le au réfrigérateur.
- Consommez dans le mois suivant.
- Nous recommandons une surveillance, aliments régulièrement fermentés.
- De la mousse peut apparaître sur les aliments, c'est normal, et cela peut être enlevé avec une écumoire ou une cuillère en acier inoxydable.
- Il est important de s'assurer que tous les aliments restent bien recouvert de saumure.
- Si vous avez besoin de trouver de la nourriture au-dessus de la saumure, vous devrez retirez-les et jetez-les.
- Si de la moisissure apparaît, jetez le tout et recommencez.
- Assurez-vous que le couvercle est bien serré de manière à créer un joint hermétique.
- Utilisez uniquement de l'eau filtrée.
- Nous recommandons l'utilisation de sel non iodé et l'utilisation d'agents agents anti-agglomérants.

DE Pflege und Gebrauch
KEIN KOCHEND HEIBES WASSER DIREKT IN DAS GLAS FÜLLEN.

- Darauf achten, dass das Kilner® - Fermentierungsset vor jedem Gebrauch vollständig sauber und frei von jeglichen Lebensmittelrück ständen ist.
- Belüftungsdeckel von Hand waschen
- Kilner® Gefäß, Silikondeckel und Keramiksteine sind spülmaschinenfest
- Beim Eingeben des Füllguts in das Kilner®- Glas mindestens 6.5cm Platz bis zum Deckel lassen. Somit ist Platz vorhanden, falls das Füllgut während der Fermentierung an Masse gewinnt.
- Stets darauf achten, dass das Füllgut im Kilner®- Glas komplett von der Salzlake bedeckt ist. Die Kilner®- Keramiksteine wichte (im Set enthalten) drücken das Füllgut herunter und ermöglichen so den anaeroben Gärprozess.
- Während der Fermentierung sollte das Kilner®-Glas eine Temperatur von 64°F - 75°F / 18°C - 24°C haben. Diese Temperatur wirkt sich am günstigsten auf den Gärprozess aus.
- Danach das Glas in den Kühlschrank stellen, um den Fermentierungsvorgang zu verlangsamen. Alternativ Kannst du das Füllgut nun auch in Kilner®-Drahtbügelgläser umgefüllt, und diese dann im Kühlschrank gelagert werden. Innerhalb eines Monats verzehren.
- Wir empfehlen, dein fermentierendes Füllgut regelmäßig zu überprüfen. An der Oberfläche kann sich etwas Schaum bilden, was vollkommen normal ist. Der Schaum kann z.B. mit einem Schaumlöffel abgeschöpft werden. Es ist wichtig, dass das Füllgut stets mit der Salzlake bedeckt ist. Falls du doch etwas Füllgut oberhalb der Salzlake entdeckt, solltest du es aus dem Glas entfernen und wegwerfen.

- Falls sich Schimmel im oder am Füllgut entwickelt, sollte das gesamte Füllgut entsorgt werden. Ein neuer Fermentierungsprozess soll dann begonnen werden. Stets darauf achten, dass der Deckel fest und luftdicht mit dem Glas verschlossen ist.
- Nur klares Wasser verwenden
- Wir empfehlen die Verwendung von reinem Salz ohne jegliche Zusätze.
- Viel Vergnügen mit dem Kilner®-Fermentierungsset!

ES Uso y Cuidado
NO VIERTA AGUA HIRVIENDO DIRECTAMENTE DENTRO DEL FRASCO DE VIDRIO.

- Antes de usar, asegúrese de que el juego de fermentación esté limpio y libre de restos de comida.
- Lavar la trampa de aire a mano.
- Los frascos Kilner®, los sellos de silicona y la trampa de aire son apropiados para la lava-vajillas.
- Cuando llene su frasco Kilner®, deje al menos 2,5 pulgadas gratis en la parte superior. Esto permite la expansión de líquidos / - alimentos durante el proceso de fermentación.
- Observe que el sello está firmemente asegurado en todos días, especialmente los primeros días de fermentación. Si el el sello se ha levantado, empujelo hacia abajo nuevamente.
- Asegúrese siempre que las viandas dentro de su frasco Kilner® está completamente sumergida en la salmuera de sal. Las piedras de cerámica Kilner® (incluidas dentro de este conjunto) ayudarán a ~~sopesar los alimentos y permitir que el proceso de fermentación anaerobia se lleve a cabo.~~
- Su recipiente de fermentación Kilner® debe mantenerse entre 64°F - 75°F / 18°C - 24°C, esta es la temperatura ideal para el proceso de fermentación.
- Una vez terminado, colóquelo en el frigorífico para dejar de cocinar. proceso de fermentación. Como alternativa, transfiera el contenido dentro de frascos Kilner® con tapa con clip, selle y almacene en la nevera. Consumir las carnes en un plazo máximo de 1 mes.
- Le recomendamos que revise sus alimentos fermentados con regularidad. Puede suceder que se forme espuma en la parte superior de su comida, esto es perfectamente normal y se puede eliminar usando una espumadera o una cuchara de acero inoxidable.
- Es importante asegurarse de que todos los alimentos se conserven sumergido en la salmuera. Si encuentra que parte de la comida es encuentra encima de la Salmuera, revuélvela y deséchala
- Si aparece moho en su fermento, deseche todos los Lot y empieza de nuevo. Asegúrese siempre de que la tapa esté bien colocada y cerrado en la parte superior de la botella, para crear un sello hermético.
- Utilice siempre agua filtrada.
- Recomendamos el uso de sal sin yodo y anti-agentes.