

Tomato Sauce

2.5 kilos tomatoes – cored and diced
900 g sugar
300 ml vinegar
1/4 tsp cinnamon
1/4 teaspoon nutmeg
2 tbsp salt

Mix, bring to boil and simmer for minimum 2 hours. Bottle. Store in the fridge once opened.

(wrote that from memory, I'll check and confirm it, but think it's right.)

Fermented foods are very healthy for us, and were the original way of preserving food, as well as brine/salt preserving and drying.

Examples of some fermented foods are wine, vinegar, kombucha, tofu, miso, sauerkraut, pickles. **Kim chee** is the asian version of sauerkraut and is really easy to make. I've had a recipe for ages and this week made my first batch.



Kim chee

1 head Napa cabbage, cored and shredded
1 bunch of green onions, chopped
1 cup carrots, grated
1/2 cup daikon radish, grated
1 tablespoon fresh grated ginger
3 cloves garlic, peeled and minced
1/2 teaspoon dried chili flakes
1 tablespoon sea salt
4 tablespoons whey* (or use additional 1 T salt instead)

Place vegetables, ginger, red chili flakes, salt and whey in a bowl and pound it with a wooden pounder or a meat hammer to release juices. (See picture of my kimchee mid mashing)



Place them in two quart sized glass jars (I only used one large one) and press down firmly until all the juices come up to the top and cover the vegetables. The top of the vegetables should be at least an inch from the top of the jar. Cover tightly and keep at room temperature for about 3 days at which time you can put it in the fridge or cold storage.

I only made a half quantity, and was very relaxed with the amounts of different vegetables. I don't think it will really matter. It's sitting on my kitchen bench fermenting away, and tomorrow it will be ready to taste and then refrigerate!

Kendra jane explains that you can get whey by draining a quart of yogurt (make sure it contains the good bacteria-we use Pavels) through a clean dishtowel for a few hours. If you do this overnight you'll end up with more than 4 tablespoons, but it will keep in the fridge for up to 6 months. And you'll also end up with yogurt cheese as a by product, which is delicious and makes a great alternative to cream cheese

I have also in the past gotten whey from [making ricotta cheese which I have posted about here.](#)

I also use the whey in my [breadmaking](#), it adds extra protein which is good for the bread dough and for you!