

# Heal The Gut Recipes

## [Core] Chiropractic and Wellness

### CoreRoanoke.com

#### **Kefir**---Recipe from Cheeseslave.com

##### INGREDIENTS

1-2 tablespoons kefir grains (you can buy them on Amazon)

2 cups milk (preferably organic, raw milk from grass-fed cows), almond or coconut milk can also work

##### Directions:

1. Put 1-2 tablespoons of kefir grains into a clean pint-sized mason jar. (The more kefir grains you use, the faster it will culture.)
2. Add milk. Leave a half inch to an inch of room at the top. If you want a thicker kefir, add a little cream. The more cream you add, the thicker your kefir will be. I love it thick like yogurt.
3. Cover the mason jar with a lid and set it out on the counter (or in a cupboard — NOT in the fridge!) for anywhere from 12-36 hours. The kefir grains will culture the milk. It cultures faster in a warm kitchen than a cool one. You will know when it's ready because it will start to look thick and clumpy. The longer you leave it out, the more tangy and cultured it will become. If it separates into a clear liquid and clumps, it's REALLY ready.
4. When it's ready, pour the kefir out into a strainer set on top of a glass Pyrex measuring cup or a glass bowl or mason jar. It's important to use glass or plastic. Do not use stainless steel or metal of any kind.
5. Use a rubber spatula or wooden spoon to gently stir the kefir until all the liquid passes through the mesh and you are left with kefir grains.
6. Some people like to rinse their grains. I don't normally rinse mine. I do it every once in a while — maybe once every two to four weeks. I find that my kefir grains grow more quickly when I do not rinse them. If you do rinse them, ONLY use filtered water. Do not use tap water. It will kill them. (What does that tell you about the tap water we drink?!)
7. Now put your grains back into a clean mason jar, add some more milk and start all over again.

#### **Sauerkraut Salad**-- Recipe from [allrecipes.com](http://allrecipes.com)

##### Ingredients

1 quart sauerkraut (buy the fresh bagged kraut from the deli section of the grocery store, or make your own. Alton Brown has a good recipe on [foodnetwork.com](http://foodnetwork.com)).

2 Stalks of celery, 1 large carrot, 1 onion, 1 green bell pepper all chopped

1 teaspoon of mustard seed

1 cup of olive oil

4 oz diced pimento peppers, drained

1/2 cup Apple cider vinegar

1/2 cup of white sugar

##### Directions

Add the sauerkraut, chopped vegetables, and mustard seed to a large bowl. In a small saucepan bring the oil, vinegar, and sugar to a boil. Remove from heat and pour over the sauerkraut salad. Place a lid on the bowl and let it chill in the refrigerator for 2 days.

## **Fermented Peach Chutney**-- Recipe from Paleoleap.com

### Ingredients

16 peaches, cored and chopped coarsely;  
2 cups raisins;  
2 cups pecans, chopped;  
2 1/2 tbsp sea salt;  
Juice of 5 lemons;  
4 onions, finely chopped;  
4 tbsp grated fresh ginger;  
4 hot peppers, fresh or dried, chopped;

### Preparation

Combine the chopped peaches with the raisins, pecans, sea salt, lemon juice, onions, ginger and hot peppers.

Place the mixture little by little in your fermentation jar, pounding it vigorously to release the juices.

Make sure the mixture fills the jar up to no more than 1 inch below the top (because of the expansion) and that the extracted water covers the mixture. If not, create a brine of 2 tablespoons sea salt to 4 cups water and add it to the mixture.

Press the vegetables and keep them under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water. Cover with a clean towel if needed to keep out fruit flies.

Place the fermentation jar in a warm spot in your kitchen and allow the chutney to ferment for 2 to 4 days.

Check on it from time to time to be sure that the brine covers the vegetables and to remove any mold that may form on the surface.

A good way to know when it's ready is to taste it during the fermentation process and move it to the refrigerator when you're satisfied with the taste.

## **Fermented Vegetables**

1 clean glass jar

enough vegetables to fill jar (Cauliflower, carrots, zucchini, chillies, beets, celery, cucumber, watermelon rind, baby eggplant, capsicum (bell peppers), green tomatoes, chard stems)

50g (1 3/4 oz) salt

1L (4 cups) water

Flavors and spices to taste (add in flavorings such as cumin seeds, fennel seeds, coriander seeds, bay leaves, preserved lemon, lemon zest, thyme, rosemary, sage).

1. Scrub veg. Trim or chop into bite sized pieces. Peel if you prefer.
2. Pack the veg into your jar.
3. Combine salt and water and stir until dissolved. Shouldn't take too long.

4. Pour salted water over the veg to cover them. You probably won't need all the liquid. If the veg aren't covered, make up more brine so they are covered.
5. Close jar and leave somewhere you will see it but not in direct sunlight.
6. Every day open jar to release any built up gas (CO<sub>2</sub>). Start tasting after about 3 days. When you're happy with the flavour (ie it tastes acidic or tangy enough for you) pop the jar in the fridge and start eating. Or if the veg start to soften, it's time to refrigerate. Generally 4-5 days is a good amount of time for fermentation.