

# DAVIS & WADDELL

## essentials

Fermentation Crock  
DES0417 & DES0418  
davisandwaddell.com.au

Thank you for choosing the Davis & Waddell Fermentation Crock. To ensure proper use and to maintain the lifespan of your crock, please read these instructions carefully before use.

## FEATURES AND PARTS

- Crock
- Lid
- Food weights

## FERMENTED FOODS

Foods have been fermented throughout history and are currently very popular across many cuisines. Fermented foods have a characteristically zingy taste and have been associated with various nutritional and digestive benefits.

## PACKAGING AND RECYCLING

The materials used for this product's packaging can be reused, recycled and disposed of through specific waste streams.

- REUSE: Keep packaging to safely store or transport your appliance, preventing damage.
- RECYCLE: Look for recycling symbols on packaging components to identify if they are recyclable. Check with your local authority to find out what materials are accepted for recycling in your area.
- DISPOSE: Look for symbols on packaging components and dispose of materials accordingly.

## PREPARING YOUR CROCK BEFORE FIRST USE

Cleanliness of equipment is essential for fermenting. Clean parts as per Care instructions below.

## FERMENTING STEPS

(Consult desired recipe for specific instructions).

1. Place clean, prepared ingredients in crock. Compact firmly. Do not fill higher than ridge above handles. Cover contents with large vegetable leaves (e.g. cabbage leaf) or use a small cloth.



2. Place food weights on top of ingredients to prevent food from floating to surface.



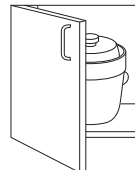
3. Fill with brine until liquid level is 4-6cm above the weights.



4. Place lid on and fill channel at top of crock with water to create an airtight seal.



5. Store crock as described by the recipe you are using. Continue to top up the water channel to maintain an airtight seal.



6. Decant contents into sterile glass bottles/jars and store in fridge.



## TIPS

Brine is not the only liquid that can be used in fermenting. Different recipes call for milk, buttermilk, whey, wine or types of broth.

- Adding extra milk/buttermilk will accelerate the fermentation process.
  - To make a brine solution, dissolve 15g of salt in 1 litre of water (adjust to your taste, you may prefer 20g of salt).
7. Be careful not to let dirt or dust enter crock as you seal it. This may contaminate contents.
- Refill water channel during fermentation process to ensure contents is kept airtight.
  - You may occasionally hear air bubbles during fermentation - this is normal.
  - The longer your ingredients are left to ferment the more sour they will become. Test with a sterile fork during the fermentation process to see if ingredients are ready.

## CARE

Wash crock and lid in lukewarm water with a mild dishwashing liquid, or a vinegar solution of equal parts water and white vinegar. Use a soft cloth, sponge or rubber spatula to remove any residue.

To avoid hairline cracking do not wash crock or lid with boiling water. Do not use powerful cleaning products or abrasive scourers.

To clean weights, boil in vinegar solution and dry in oven at 70°C for 40 minutes. Leave to cool.

## STORAGE

Ensure crock, lid and weights are completely dry before storing to prevent mould. Store weights outside crock. Crock and weights are not dishwasher safe.

## RECIPES SAUERKRAUT INGREDIENTS

2.5kg cabbage

75g salt

½ litre whey (can substitute with buttermilk)

Dill (optional)

## METHOD

1. Finely grate cabbage and add into a large bowl, layering with the salt.
2. Add dill and start to massage and squeeze cabbage firmly for about 5 minutes, then add the whey.
3. Let cabbage rest for 15-20 minutes to let the salt continue drawing moisture out of the vegetable.
4. Take out cabbage, draining whey and firmly pack into the fermentation crock.
5. Press down with the back of a wooden spoon to remove air pockets. Top with weights.
6. Add one litre Add one litre of brine (either salt-based or whey) at a time until liquid covers weights and reaches the lid. Use a solution of 15g salt or whey per litre of water.

Seal the lid and let ferment for up to eight weeks depending on taste. Ensure you top up water channel to keep your sauerkraut sealed, and check that the brine water is always covering your mixture when fermenting for a longer period.

## **KIMCHI**

### **INGREDIENTS**

- 1 cup sea salt
- 1 head Napa cabbage, cut into 2cm slices
- 1½ tbsp. salt
- ½ Korean radish (moo), sliced into ½ cm slices (approx. 2 cups)
- 2 tbsp. rice flour
- ½ cup Korean chilli powder (gochugaru)
- 5 garlic cloves
- 2cm piece ginger
- ½ onion, diced
- 1 tbsp. Korean salted shrimp (saewoo gert)
- 2 tbsp. fish sauce
- 2 tbsp. sugar
- 3 spring onions, sliced

### **METHOD**

1. Combine sea salt with three cups water. Stir until the salt dissolves.
2. Pour saltwater over cabbage in a large bowl and let sit for a minimum of 3 hours.
3. Once cabbage is wilted, wash three times and drain well.
4. Mix salt with radish in a bowl, leave for 15 minutes, drain and set aside.
5. Place one cup water and rice flour in a small pot and bring paste to a boil, stirring continuously for approximately one minute. Turn off heat, place rice paste into a bowl and let it cool.
6. Mix chilli powder with the rice paste and set aside.
7. Blend the garlic, ginger, onion, sugar and salted shrimp in a blender.
8. Mix all the ingredients with the cabbage in a large bowl, adding the spring onions towards the end.
9. Pack the kimchi into a clean fermentation crock. Seal the lid and letting ferment for two to three days at room temperature.
10. Once kimchi is to your desired taste, decant into sterile jars and store in the fridge.

## **CUCUMBER PICKLES**

### **INGREDIENTS**

- 6 pickling cucumbers (or small Lebanese cucumbers)
- 4 dill strands
- ½ tsp. fennel seeds
- 2 cloves garlic, peeled and roughly chopped
- 1 tsp. peppercorns
- 1 tsp. salt
- 1 ½ cups water

### **METHOD**

1. Cut off ends of clean cucumbers and let soak in iced water for one hour.
2. Place cucumbers into the fermentation crock. Add dill, fennel, garlic and peppercorns.
3. Mix salt and water in a bowl until salt dissolves. Pour over cucumbers ensuring they are covered. If more liquid is required, add more water and salt.
4. Add weights to keep floating cucumbers down.
5. Top with lid, adding water to seal.
6. Keep in cool dark spot at room temperature for approximately three days. After three days, transfer pickles into sterile jars and store in the fridge.

## **MIXED PICKLES**

### **INGREDIENTS**

- 3 tbsp. sea salt or Kosher salt
- 1L water
- 1 cup cauliflower florets
- 1 cup carrot slices
- 1 cup red capsicum slices
- 1 clove garlic, smashed and peeled
- 1 bay leaf
- 1/2 tsp. coriander seeds
- 1/4 tsp. peppercorns
- 1 or 2 grape leaves (optional, to help keep pickles crisp)

### **METHOD**

7. Combine the salt and water, stirring until the salt is dissolved.
8. Place remaining ingredients in fermentation crock. Pour the saltwater over the vegetables.
9. Add weights to keep vegetables down. Top with more water to cover the vegetables if necessary.
10. Top with lid, adding water to seal. Let stand at room temperature.
11. After 24 hours, open to taste and release gases. If any scum has formed on the top, simply skim it off.
12. Store in fridge in sterile jars when pickles are to your taste.

## **FERMENTED CARROTS**

### **INGREDIENTS**

- 1kg carrots
- 2 tbsp. ginger, peeled and sliced
- 2 tbsp. grated lime
- 4 tsp. salt
- 2 cups water

### **METHOD**

1. Add carrots, ginger and lime to fermentation crock.
2. Add salt to the water and stir until dissolved.
3. Pour liquid into the crock, ensuring all carrots are covered. Add weights to keep vegetables down.
4. Top with lid, adding water to seal.
5. Place crock in a dark spot at room temperature for five days. Store in fridge in sterile jars when carrots are to your taste.

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