

VEGGIE FERMENTER



Easily ferment different kinds of vegetables and fruits to prepare delicious sauerkraut, kimchi, mixed veggies and other small batch recipes.



GLASS WEIGHT

Custom made thick glass weight to hold down the ferment.



PRESSING DISC

Made of stainless steel to push down the ferment with more force.



FERMENTATION CLOCK

Track the starting day of your fermentation for best results.



PUMP

Pump out the excess air in the jar for optimal fermentation conditions.



FILTER

Active carbon neutralises unpleasant odours.



STACKABLE

Make more room in the pantry by stacking the jars on top of each other.

ASSEMBLING








CAPACITY

The small Kefirko jar has a volume of 900ml, the large one 1400ml.



CARE FOR VEGGIE FERMENTER

-  Before first use, wash all the parts with warm soapy water. Do not put the Kefirko Veggie fermenter into the dishwasher. Rinse the detergent thoroughly.
-  Veggie fermenters should not be exposed to direct sunlight during fermentation; also do not place it near any heat sources on your kitchen counter.
-  The top lid foam insert should be changed once it stops performing its function (after a few months of constant use).
-  After attaching the silicone pump to the lid make sure its edges are straightened and not wavy.
-  Remove the silicone pump and sealing ring under the lid and wash them with soapy water. Make sure to dry them before attaching them back in place.

HOW TO START

The same as with other kinds of fermentation, it's important to rely on your taste and smell, experimenting is a way of learning.

The goal of fermenting vegetables and fruits is to preserve them and to make them more nutritious and beneficial for health. All you need to start is some ingredients (vegetables), that already have all the necessary microorganisms to start the fermentation, and salt which acts as a preservative and inhibitor of harmful bacteria.

STEP BY STEP GUIDE



1. Prepare ingredients - Wash and dry the vegetables first. If the recipe requires it, you can soak the vegetables in a solution of water and salt - brine - for a few hours or overnight. Chop or grate - or leave them whole if they're small.



2. Add salt - or soak the ingredients in the brine (water and salt solution).



3. Mix & Pound - using hands or the pounder tool. Try squeezing them so they will release juices. Combine all the other ingredients (spices, herbs, etc.) and mix everything together.



4. Pack into a jar - It's important to pack the mixture tightly and press it to remove air pockets. Whole vegetables or large pieces are packed tightly but gently so they don't get damaged.



5. Use the glass weight - Put the weight on top of the ferment to keep it submerged. You may use the pressing spring to push down with more force.



6. Cover and pump the air - Cover with the lid and set the first day of fermentation on the lid. Pump out the excess air by gently pressing on the silicone pump.



7. Let ferment - Depending on the recipe, leave to ferment for a few days or weeks. You will notice the most vigorous fermentation the first few days. After a day or two you can check the taste and the acidity level of your ferment and decide if you want to stop the fermentation.

FERMENTATION TIMELINE

Day 1:

Brine solution (salt, water, veggie juices) inhibits harmful bacteria, good bacteria can colonize the jar.

1 - 3 days:

Bacteria start converting sugars to acids, formation of CO₂ bubbles.

After 4 days:

Increasing level of acidity: aging process. Lactobacillus thrive in this environment.

ESTIMATED FERMENTING TIMES

1-3 days:

horseradish, ketchup, berries, teriyaki sauce, cranberry sauce, cold brew coffee, salsa, chutney, pesto, fruit jam,

3-7 days:

kimchi, chili sauce, zucchini

7-14 days:

pickled green beans, radishes, beets, mixed veggies, fennel, pickled eggs, garlic, sage, mustard

More than 14 days:

sauerkraut, pickled cucumbers. asparagus, lemons

TIPS



Once the fermentation is finished, carefully open both lids. Remove the glass weight and take out all or just part of fermented vegetables. You can store the ferment in the same jar in the refrigerator or divide it into smaller jars.



You can ferment almost everything but try to pick quality ingredients locally and organically grown.



Depending on the vegetables and the recipe, you can either chop them with a knife or grate with a mandoline. When using cabbages, for sauerkraut for instance, we usually grate them into thin slices. But when we ferment zucchini, we can just chop them into thin slices.



Salting usually gives enough liquid to keep the ferment submerged. Brining means you prepare a solution of water and salt to soak the vegetables.



You can use the pounder tool to bruise the salted vegetables. This will help them release water.



When you use brine, make sure the liquid flows to every nook and cranny.



Always leave a little room on top of the jar because the vegetables keep on releasing the juices during fermentation and you need to make sure there is enough room for that.