



Incorporating Funky Ferments into Everyday Menu

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Introduction

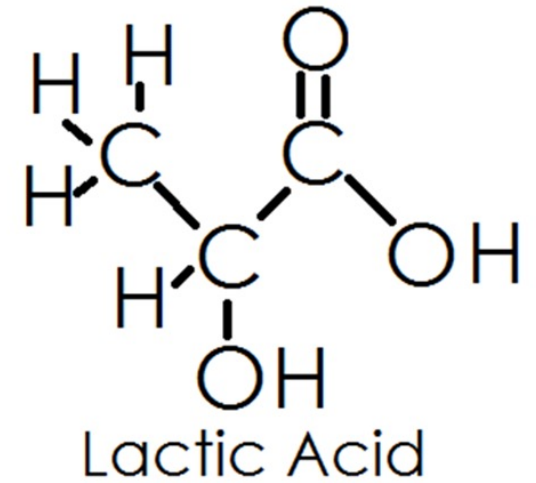
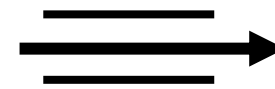


Catersource '17
Opening Night Party

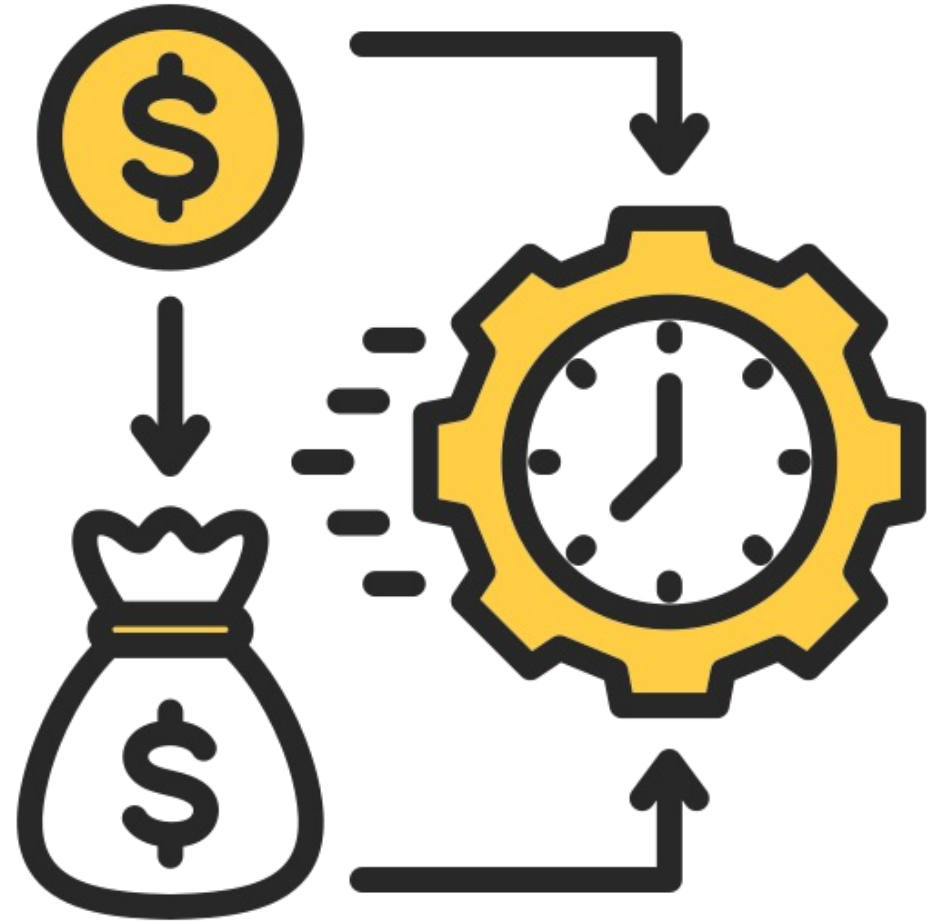
What is Fermentation



Lacto-Fermentation



Why Ferment?



Tools & Equipment



How to Lacto-Ferment

- Peel/rough chop fruit or vegetable
– weigh in grams
- Calculate 2% salt

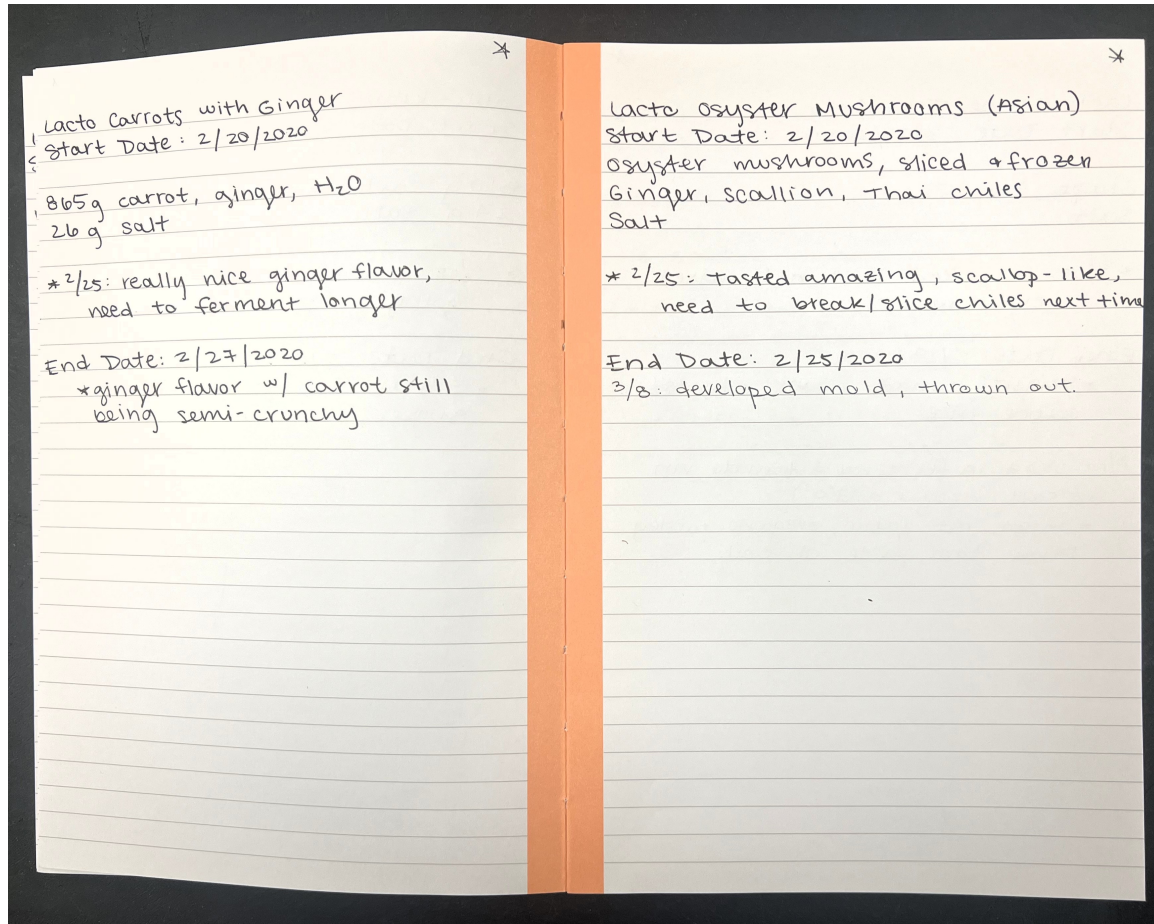




- Vacuum seal until 90 to 95% of oxygen is taken out of bag



More Tips



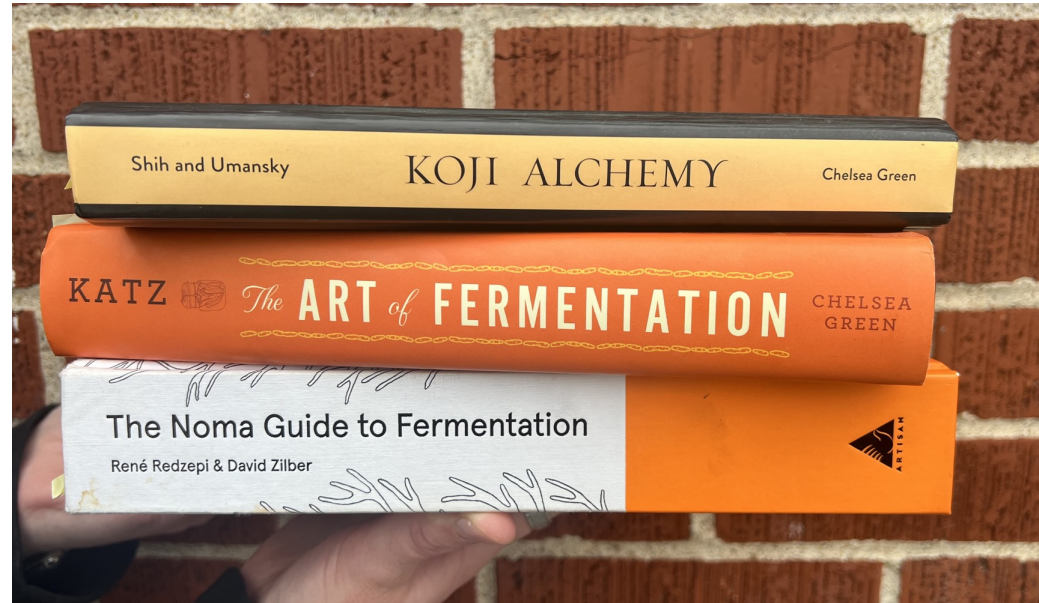


Other Ideas

- Freeze – gremolata on an oyster
- Buerre blanc
- Fermented bloody mary



Conclusion



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