



# Incorporating Funky Ferments into Everyday Menu

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# Introduction



Catersource '17  
Opening Night Party

# What is Fermentation





# Why Ferment?



# Tools & Equipment



# How to Lacto-Ferment

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

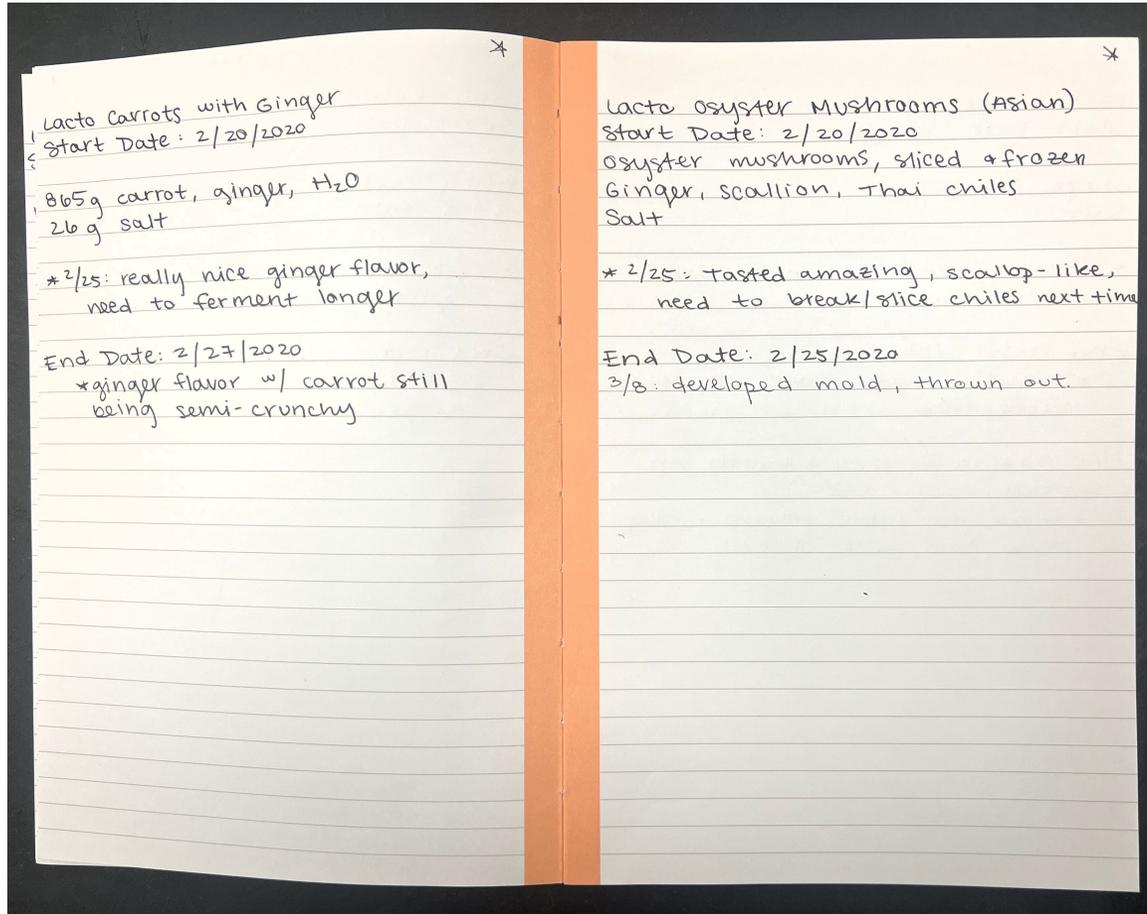




- Vacuum seal until 90 to 95% of oxygen is taken out of bag



# More Tips



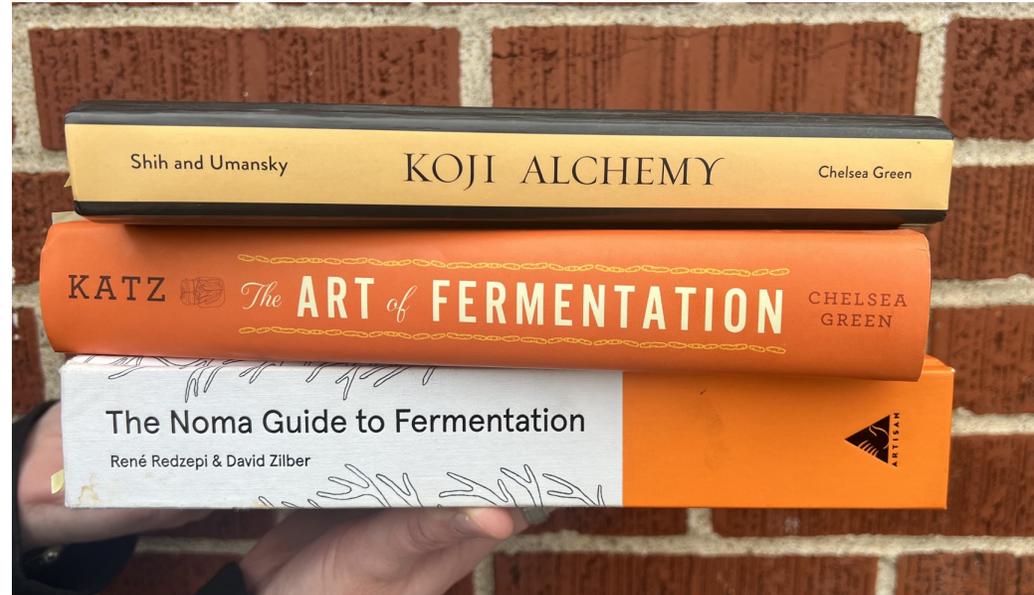


## Other Ideas

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



# Conclusion



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