



Step by step guide to making homemade sauerkraut

You will need:

- 2.2kg / 4.8lb Fresh green cabbage (core removed)
- 3 tbsp Sea salt

- Thinly slice cabbage and place into a bowl. If you like crunchy sauerkraut slice your cabbage slightly thicker. Sprinkle with salt.
- Using a muddler or wooden spoon, muddle and bash the cabbage for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the cabbage.
- Pack cabbage tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the liquid. The liquid should cover the cabbage, if this does not happen create a salt brine using 2 tbsp sea salt to 1 Litre/34 US fl oz of water. The cabbage should be completely covered by at least 1cm of the salt brine.
- Add the Kilner® Ceramic Stones on top of the cabbage. The Ceramic Stones are designed to weigh down the cabbage and ensures the anaerobic process can begin.
- Clean the rim of the jar removing any debris. Seal the jar with the lid and air lock. Fill the air lock with water and leave to ferment at room temperature (64°F to 75°F / 17.8°C to 24°C) for 1 - 4 weeks. Check daily that the lid is firmly down and secure. If the lid has raised then push back into position.
- After the first week, we recommend that you taste your sauerkraut every couple of days until the desired flavour and texture is achieved. It can take up to 4 weeks for your desired flavour to be achieved and external factors like room temperature and thickness of cabbage can make the process longer.
- Once you are happy with your sauerkraut, store in the refridgerator or transfer to sealed Kilner® Jars. Consume within one month.

Top tip... for something different try adding 5 cloves of garlic to the above recipe or alternatively add 2 - 3 tbsp caraway seeds.



What is fermentation?

Fermentation is one of the oldest and basic forms of preserving food. Fruits and vegetables contain natural bacteria that, when deprived of air, can suppress and inhibit the growth of other microbes that would cause spoilage. During the fermentation process, these natural bacteria convert the carbohydrates and sugars in whole food items into an acid which then becomes the ideal environment to preserve that food. Lacto-fermentation, a process brought on through the presence of lactobacillus, gives fermented foods and drinks their signature tangy and sour taste, but also creates probiotics that aids in digestion.

To help you in your fermenting journey we have put together some of the most commonly asked questions. Please visit our website www.kilnerjar.co.uk for more information.



Fermented Red Cabbage and Apple

You will need:

- 2.2 kg/4.8lb Red cabbage (core removed)
- 15 Juniper berries, crushed
- 22 Coriander seeds, crushed
- 225 grams/½ lb Apples, cored and grated
- 45 grams/3 tbsp Sea salt

- Thinly slice cabbage and place into a large bowl. Add all other ingredients and sprinkle with salt.
- Using a muddler or wooden spoon, muddle and bash the cabbage and apple for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the mixture.
- Pack mixture tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the liquid. The liquid should cover the mixture, if this does not happen create a salt brine using 2 tbsp sea salt to 1 litre/34 US fl oz of water. The mixture should be completely covered by at least 1cm of the salt brine.
- Add the Kilner® Ceramic Stones on top of the jar, ensuring all of the cabbage and apple is submerged below the liquid. The Ceramic Stones are designed to weigh down the contents and ensure the anaerobic process can begin.
- Clean the rim of the jar removing any debris. Seal the jar with the lid and air lock. Fill the air lock with water and leave to ferment at room temperature (64°F to 75°F / 17.8°C to 24°C) for at least 1 - 4 weeks. Check daily that the lid is firmly down and secure. If the lid has raised then push back into position.
- After the first week, we recommend that you taste your produce every couple of days until the desired flavour and texture is achieved. It can take up to 4 weeks for your desired flavour to be achieved and external factors like room temperature and thickness of cabbage can make the process longer.
- Once you are happy with your ferment, store in the refridgerator or transfer to sealed Kilner® Jars. Consume within one month.



For more information, recipes and hints, visit www.kilnerjar.co.uk



Homemade Kimchi

Kimchi is a traditional fermented Korean dish seasoned with salt, chilli, ginger, soy sauce, vinegar and sugar. Enjoy as a side dish or condiment.

You will need:

- 1.8Kg/4 lb Chinese leaf cabbage
- 3 tbsp Sea salt
- 6 tbsp Spring onions chopped
- 3 Cloves Garlic, crushed
- 3 tbsp Chilli powder
- 6 tsp Root ginger, finely chopped
- 375ml/ 12.5 US fl oz Soy sauce
- 375ml/ 12.5 US fl oz White wine vinegar
- 6 tsp Sugar
- Dash of sesame oil for serving

- Thinly slice cabbage and place into a large bowl. Sprinkle with salt and leave for 3 - 4 hours.
- After 3 - 4 hours, gently mix the cabbage and check all pieces have wilted. Drain the salt liquid and rinse the cabbage.
- Add all of the other ingredients to the bowl and mix thoroughly.
- Pack tightly into the Kilner® Jar leaving 2.5 inch/6.5cm headspace. Place ceramic stones on top of the kimchi. Make sure the cabbage is pushed down and compact so it is fully submerged.
- Clean the rim of the jar, removing any debris. Seal the jar with lid and air lock. Fill the air lock with water and leave at room temperature (64°F to 75°F / 17.8°C to 24°C) for at least 2 days. Check daily that the lid is firmly down and secure. If the lid has raised then push back into position.
- After 2 days transfer to the fridge or pack in sealed Kilner® Jars, consume within one week. Serve with a dash of sesame oil.

This recipe makes enough to fill a full 3 Litre/104 US fl oz Kilner® Jar but you can easily halve the ingredients if you want to make a smaller batch.

KILNER- FERMENTATION GIFT BOX LEAFLET - OUTSIDE

3 LITRE / 104 US FL OZ FERMENTING JAR

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Care and Use

- Before use, ensure your Kilner® Fermentation Set is clean and free of any food remnants.
- Hand wash air lock.
- Kilner® Jar, Silicone Lid and Ceramic Stones are dishwasher safe.
- Do not pour boiling water directly into your glass jar.
- **IMPORTANT:** When filling your Kilner® Jar, leave 2.5 inch/6.5cm headspace. This allows for any expansion of food/liquid during the fermentation process.
- Check that the lid is firmly down and secure daily for the first few days of fermentation. If the lid has raised then push back into position.
- Always ensure food inside your Kilner® Jar is completely submerged under the salt brine. Your Kilner® Ceramic Stones (included within this set) will help to weigh down food and allow the anaerobic fermentation process to take place.
- The Kilner® Fermentation Jar should be kept at 64°F to 75°F / 17.8°C to 24°C, this is the ideal temperature for the fermentation process.
- Once ready, transfer to the refrigerator to slow down the fermentation process. Alternatively, transfer to Kilner® Clip Top Jars, seal and store in the refrigerator.
- We recommend you check your fermenting food on a regular basis. You may find that some foam has appeared on the top of your food; this is perfectly normal and can be removed using a skimmer or stainless steel spoon. We also recommend to clean the inside of the top of the jar to remove any debris or juices. It is important to ensure that all food remains submerged under the salt brine. If you do find food above the salt brine remove this and discard.
- If mold appears in your ferment, **discard the batch and start again.** Always ensure the lid is securely fitted onto the top of the jar to create an air tight seal.
- Always use filtered water.
- We recommend to use salt free of iodine and anti-caking agents.



Usage et entretien

- Avant utilisation, s'assurer que le set à Fermentation Kilner® est propre et dépourvu de toute trace alimentaire.
- Fermeture à air manuel
- Sur le pot Kilner® le couvercle en silicone et la fermeture sont lavables au lave-vaisselle.
- Ne pas verser d'eau bouillante directement dans le bocal.
- Lors du remplissage du Bocal Kilner®, laisser environ 5cm de vide.
- Vérifiez que le couvercle est fermement fermé et sécurisé tous les jours pendant les deux premiers jours de la fermentation. Si le couvercle s'est soulevé, repoussez-le en position.
- Cela permettra le développement des aliments/liquides durant le processus de fermentation.
- Toujours s'assurer que les aliments sont complètement recouverts de saumure de sel.
- Les poids en céramique Kilner® (inclus dans ce set) permettront d'appuyer sur les aliments et de réaliser le processus de fermentation anaérobie.
- Le bocal à fermentation Kilner® doit être maintenu entre 68°C et 75°C, qui sont les températures idéales pour le processus de fermentation.
- Une fois le processus réalisé, placer au réfrigérateur pour ralentir le processus de fermentation.
- Autre possibilité : Transvaser le contenu dans un bocal Kilner®, le fermer et le mettre au réfrigérateur.
- Consommer au cours du mois suivant.
- Nous recommandons de surveiller régulièrement les aliments fermentés.
- De la mousse peut apparaître sur les aliments, c'est normal, et celle-ci peut être retirée avec un écumoir ou une cuillère en inox.
- Il est important de s'assurer que tous les aliments restent bien recouverts de saumure de sel.
- Si vous devez trouver des aliments au-dessus de la saumure, il faudra les retirer et les jeter.
- **Si de la moisissure apparaît, jetez tout et recommencez.**
- S'assurer que le couvercle est fermement serré de sorte de créer un joint hermétique.
- N'utiliser que de l'eau filtrée.
- Nous recommandons l'utilisation de sel non iodé et l'usage d'agents anti-agglomérants.

Pflege und Gebrauch

- Darauf achten, dass das Kilner® - Fermentierungsset vor jedem Gebrauch vollständig sauber und frei von jeglichen Lebensmittelrückständen ist.
- Belüftungsdeckel von Hand waschen
- Kilner® Gefäß, Silikondeckel und Keramiksteine sind spülmaschinenfest
- Kein kochend heißes Wasser direkt in das Glas füllen.
- Beim Eingeben des Füllguts in das Kilner® - Glas mindestens 6,4 cm Platz bis zum Deckel lassen. Somit ist Platz vorhanden, falls das Füllgut während der Fermentierung an Masse gewinnt.
- Stets darauf achten, dass das Füllgut im Kilner® - Glas komplett von der Salzlake bedeckt ist. Die Kilner® - Keramiksteine (im Set enthalten) drücken das Füllgut herunter und ermöglichen so den anaeroben Gärprozess.
- Während der Fermentierung sollte das Kilner® - Glas eine Temperatur von 68°C bis 75°C haben, die sich am günstigsten auf den Gärprozess auswirkt.
- Danach das Glas in den Kühlschrank stellen, um den Fermentierungsvorgang zu verlangsamen. Alternativ kannst du das Füllgut nun auch in Kilner® - Drahtbügel gläser umfüllen und diese dann im Kühlschrank lagern. Innerhalb eines Monats verzehren.
- Wir empfehlen, dein fermentierendes Füllgut regelmäßig zu überprüfen. An der Oberfläche kann etwas Schaum auftreten. Das ist ganz normal. Den Schaum kannst du zum Beispiel mit einem Schaumlöffel abschöpfen. Es ist wichtig, dass das Füllgut stets mit der Salzlake bedeckt ist. Falls du doch etwas Füllgut oberhalb der Salzlake entdeckst, solltest du es aus dem Glas entfernen und wegwerfen.
- **Falls du Schimmel in oder an deinem Füllgut entdeckst, solltest du das gesamte Füllgut entsorgen und von vorne beginnen.** Stets darauf achten, dass der Deckel fest und luftdicht mit dem Glas verschlossen ist.
- Nur klares Wasser verwenden
- Wir empfehlen die Verwendung von reinem Salz ohne jegliche Zusätze.

Uso y Cuidado

- Antes de utilizar, asegurese que el conjunto para Fermentacion este limpio y libre de residuos de alimentos.
- Lavar la trampa de aire a mano.
- Los frascos Kilner®, los sellos de silicona y la trampa de aire son apropiados para la lava-vajillas.
- No vierta agua hirviendo directamente dentro del frasco de vidrio.
- Cuando llene su frasco Kilner®, deje como mínimo 2.5 pulgadas libres en la parte superior. Esto permite la expansión de los líquidos/- comida durante el proceso de Fermentacion.
- Observe que el Sello este firmemente seguro hacia abajo todos los días, sobre todo los primeros días durante la fermentación. Si el sello se ha levantado vuelva a empujarlo hacia debajo de nuevo.
- Asegúrese siempre que las viandas dentro de su frasco Kilner® está completamente sumergida en la salmuera de sal. Las piedras de cerámica Kilner® (incluidas dentro de este conjunto) ayudarán a sopesar los alimentos y permitir que el proceso de fermentación anaerobia se lleve a cabo.
- Su frasco de fermentación Kilner® debe mantenerse entre los 68°C - 75°C (154°F- 167°F), esta es la temperatura ideal para el proceso de fermentación.
- Una vez esté terminado, colóquelo en el refrigerador para detener el proceso de fermentación. Como una alternativa, transfiera el contenido dentro de un frascos Kilner® con tapa tipo Clip, séllelos y guárdelos en el refrigerador. Consuma las viandas dentro de máximo 1 mes.
- Recomendamos que revise su alimento fermentado regularmente. Podría ocurrir que se forme una espuma en la parte superior de su alimento, esto es perfectamente normal y puede ser removida utilizando una espumadera o una cuchara de Acero Inoxidable.
- Es importante que se asegure que todo el alimento se mantenga sumergido en la salmuera. Si encuentra que parte de la comida se encuentra por encima de la Salmuera, remuévala y descártela
- **Si llegara a aparecer Moho en su fermento, descarte todo el Lote y comience de nuevo.** Asegúrese siempre de que la tapa esté bien colocada y cerrada en la parte superior del frasco, para crear un sello hermético.
- Siempre use agua filtrada.
- Recomendamos el uso de sal sin yodo y agentes anti.





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- The Kilner® Fermentation Jar should be kept at 64°F to 75°F / 17.8°C to 24°C, this is the ideal temperature for the fermentation process.
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Uso y Cuidado

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FERMENTATION SET



Recipes and care and use instructions

Step by step guide to making homemade sauerkraut

You will need:

- 2.2kg / 4.8lb Fresh green cabbage (core removed)
- 3 tbsp Sea salt

1. Thinly slice cabbage and place into a bowl. If you like crunchy sauerkraut slice your cabbage slightly thicker. Sprinkle with salt.
2. Using a muddler or wooden spoon, muddle and bash the cabbage for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the cabbage.
3. Pack cabbage tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the liquid. The liquid should cover the cabbage, if this does not happen create a salt brine using 2 tbsp sea salt to 1 Litre/34 US fl oz of water. The cabbage should be completely covered by at least 1cm of the salt brine.
4. Add the Kilner® Ceramic Stones on top of the cabbage. The Ceramic Stones are designed to weigh down the cabbage and ensures the anaerobic process can begin.
5. Clean the rim of the jar removing any debris. Seal the jar with the lid and air lock. Fill the air lock with water and leave to ferment at room temperature (64°F to 75°F / 17.8°C to 24°C) for 1 - 4 weeks. Check daily that the lid is firmly down and secure. If the lid has raised then push back into position.
6. After the first week, we recommend that you taste your sauerkraut every couple of days until the desired flavour and texture is achieved. It can take up to 4 weeks for your desired flavour to be achieved and external factors like room temperature and thickness of cabbage can make the process longer.
7. Once you are happy with your sauerkraut, store in the refridgerator or transfer to sealed Kilner® Jars. Consume within one month.

Top tip... for something different try adding 5 cloves of garlic to the above recipe or alternatively add 2 - 3 tbsp caraway seeds.



What is fermentation?

Fermentation is one of the oldest and basic forms of preserving food. Fruits and vegetables contain natural bacteria that, when deprived of air, can suppress and inhibit the growth of other microbes that would cause spoilage. During the fermentation process, these natural bacteria convert the carbohydrates and sugars in whole food items into an acid which then becomes the ideal environment to preserve that food. Lacto-fermentation, a process brought on through the presence of lactobacillus, gives fermented foods and drinks their signature tangy and sour taste, but also creates probiotics that aids in digestion.

To help you in your fermenting journey we have put together some of the most commonly asked questions. Please visit our website www.kilnerjar.co.uk for more information.



Fermented Red Cabbage and Apple

You will need:

- 2.2 kg/4.8lb Red cabbage (core removed)
- 15 Juniper berries, crushed
- 22 Coriander seeds, crushed
- 225 grams/½ lb Apples, cored and grated
- 45 grams/3 tbsp Sea salt

1. Thinly slice cabbage and place into a large bowl. Add all other ingredients and sprinkle with salt.
2. Using a muddler or wooden spoon, muddle and bash the cabbage and apple for 10 minutes. This releases liquid and creates a natural brine for the cabbage to ferment in. Continue until you have enough liquid to cover the mixture.
3. Pack mixture tightly into the Kilner® Jar. Always ensure you leave a 2.5 inch/6.5cm headspace and add the liquid. The liquid should cover the mixture, if this does not happen create a salt brine using 2 tbsp sea salt to 1 litre/34 US fl oz of water. The mixture should be completely covered by at least 1cm of the salt brine.
4. Add the Kilner® Ceramic Stones on top of the jar, ensuring all of the cabbage and apple is submerged below the liquid. The Ceramic Stones are designed to weigh down the contents and ensure the anaerobic process can begin.
5. Clean the rim of the jar removing any debris. Seal the jar with the lid and air lock. Fill the air lock with water and leave to ferment at room temperature (64°F to 75°F / 17.8°C to 24°C) for at least 1 - 4 weeks. Check daily that the lid is firmly down and secure. If the lid has raised then push back into position.
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Homemade Kimchi

Kimchi is a traditional fermented Korean dish seasoned with salt, chilli, ginger, soy sauce, vinegar and sugar. Enjoy as a side dish or condiment.

You will need:

- 1.8Kg/4 lb Chinese leaf cabbage
- 3 tbsp Sea salt
- 6 tbsp Spring onions chopped
- 3 Cloves Garlic, crushed
- 3 tbsp Chilli powder
- 6 tsp Root ginger, finely chopped
- 375ml/12.5 US fl oz Soy sauce
- 375ml/12.5 US fl oz White wine vinegar
- 6 tsp Sugar
- Dash of sesame oil for serving

1. Thinly slice cabbage and place into a large bowl. Sprinkle with salt and leave for 3 - 4 hours.
2. After 3 - 4 hours, gently mix the cabbage and check all pieces have wilted. Drain the salt liquid and rinse the cabbage.
3. Add all of the other ingredients to the bowl and mix thoroughly.
4. Pack tightly into the Kilner® Jar leaving 2.5 inch/6.5cm headspace. Place ceramic stones on top of the kimchi. Make sure the cabbage is pushed down and compact so it is fully submerged.
5. Clean the rim of the jar, removing any debris. Seal the jar with lid and air lock. Fill the air lock with water and leave at room temperature (64°F to 75°F / 17.8°C to 24°C) for at least 2 days. Check daily that the lid is firmly down and secure. If the lid has raised then push back into position.
6. After 2 days transfer to the fridge or pack in sealed Kilner® Jars, consume within one week. Serve with a dash of sesame oil.

This recipe makes enough to fill a full 3 Litre/104 US fl oz Kilner® Jar but you can easily halve the ingredients if you want to make a smaller batch.