

Recipes

Fruit Kvass

Fruit kvass can be made from almost any fruits or vegetables. It can be made with lots of ingredients or just a few. The only things that are essential besides the produce are good quality salt (sea or Himalayan pink) and water (without chlorine or fluoride). That having been said, people like to start with a recipe, so here is one:

- ½ gallon jar
- ½ cup berries (crushed if they have a tough skin like blueberries)
- 1 orange cut into pieces
- 1 apple cut into pieces
- 1 teaspoon salt
- ¼ cup home-made whey (optional)

Put all fruit in the jar. Add salt and whey (if you have it). Fill the jar with water leaving two inches of head space or air at the top. Put the cover on tight, cover with a towel and leave on a kitchen counter. Shake several times a day. Loosen the cap quickly at least once a day to let the gases out. After two days in a warm kitchen or three in a cool one, strain out the fruit. Eat the fruit if you tend towards constipation, otherwise compost it. Place in refrigerator. Add a tablespoon or two to the glasses of water that you drink during the day. If you are not used to ferments, start slow (one tablespoon a day).

Beet Kvass

- 1 quart jar
- 3 medium beets
- 1 clove garlic
- 1 teaspoon salt
- ¼ cup home-made whey (optional)
- good-quality water (no chlorine or fluoride)

Place all ingredients in the jar and fill with water. Leave one inch of head space or air at the top. Cover tightly. Place on a kitchen counter and shake several times a day. After three days, refrigerate. Strain as you serve.

Mayonnaise

Make this only if you know the source for your eggs.

- 3 raw egg yolks
- ¾ cup avocado oil
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon home-made whey (optional)
- ¼ teaspoon cumin
- ¼ teaspoon turmeric
- ¼ teaspoon ground mustard
- good dash of salt

In a food processor or a bowl if using a hand blender, place the 3 egg yolks. Beat in lemon juice, whey, cumin, turmeric, mustard and salt. Very slowly—drop by drop—add avocado oil. Refrigerate immediately if not using whey. With the whey, place on the counter overnight first.

Ketchup

2 bottles Bionaturae tomato paste

3 tablespoons maple syrup

¼ cup and 2 tablespoons home-made whey

2 tablespoons apple cider vinegar

1 teaspoon salt

¼ teaspoon cumin

¼ teaspoon turmeric

Put tomato paste and maple syrup in a bowl. Blend in ¼ cup whey, vinegar, salt and spices until smooth. Pour into a pint mason jar and top it off with 2 tablespoons of whey. Cover tightly. Let this sit on the kitchen counter for 4 to 5 days. Stir everything together and refrigerate. This should keep for a couple of months.

For more recipes, planting advice, upcoming workshops and helpful hints, visit Celeste's web site. She can be found at: www.celestelongacre.com. Her book, "Celeste's Garden Delights" details how to live sustainably and self-sufficiently. Visit her web for reviews, testimonials and interviews.