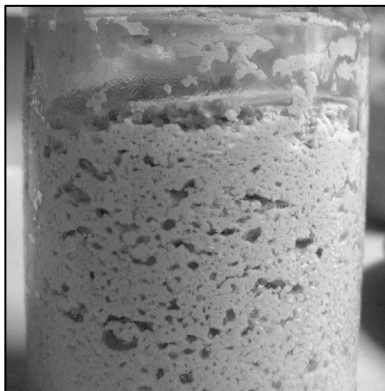


## Fermented Food demo

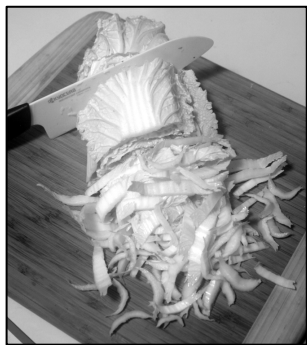
*presented at the Mother Earth News Fair <http://www.motherearthnews.com/fair>*

### CREAMY CHEEZE or YOGURT

1 cup dry macadamia nuts  
1 cup dry walnuts  
½ teaspoon sea salt  
2 Tablespoons lemon juice  
2 cups water



1. Soak nuts all day or overnight.
2. Strain soaked nuts and put in blender canister.
3. Add remaining ingredients and pulse a few times. Then blend on high until it becomes paste.
4. Put into a jar and cover with strainer. You may sprinkle a little salt on top, prior to covering, if your environment tends to be damp.
5. Let sit at room temperature overnight or all day. Liquid will sink to the bottom and the cheese will rise to the top.
6. For cheeze, skim off top as you use it. The more you “handle” it, the more you will lose the airy texture. For yogurt, mix all together and eat. For best health, do not mix fruit with the yogurt (fruit and fat are a very bad combination which can add to the likelihood of diabetes and other chronic conditions).



### KIM CHI

1 napa cabbage  
1/16 cup rock salt or sea salt  
2 inch piece ginger  
1 bunch green onions  
8 cloves garlic  
1 Korean red chili pepper (TIP: keep your peppers in the freezer. They are easy to cut and do not sting or irritate when handling them.)

1. Chop the cabbage.
2. Place cabbage in a large mixing bowl. Sprinkle with salt. Massage and squeeze to release liquid from cabbage. Allow to sit for an hour.
3. Chop ginger, green onions and garlic finely. Chop pepper coarsely. Mix with the cabbage.
4. Pack into jar. Cover firmly and let sit 24 hours. Then tighten lid and allow it to ferment 3-7 days to suit your taste. You may then store it in the refrigerator for about 3 months.