



# FOODWIFERY

## FIZZY FOODS!

### **LAURIE'S EASY 1-QUART FIZZY KRAUT:**

1 Head Organic Cabbage (remove outer leaves); 1 Tbsp salt; 1 Tbsp whey

Core cabbage and chop or dice into small pieces. In a bowl, mix cabbage with 1 Tbsp salt and 4 Tbsp whey. Pound the cabbage until it begins weeping.

Transfer the kraut to a quart jar and make sure that all pieces of cabbage are submerged in the liquid. Use a canning lid plus a plastic lid to seal the kraut, and set it on your counter for 3 days. When done, move it to your refrigerator.

### **JAMIE'S FIZZY CARROTS:**

Several carrots; 2 tsp salt; 2 Tbsp whey

Finely grate roughly 4 cups of organic carrots and add 2 teaspoons of salt and 2 tablespoons of whey. Pound with a wooden utensil. Place in a quart mason jar, and pound until all carrots are submerged in liquid.

Seal with a canning lid and plastic lid, and place in on the counter in a warm spot for 2 days. When done, remove to refrigerator or cold storage.

### **FIZZY BEET KVASS:**

2-3 coarsely chopped beets; 1/4 cup whey; 1 Tbsp salt; water

Combine beets, whey, and salt in a quart jar and fill with water. Shake it up to mix ingredients. Sit on counter at room temperature for 48 hours. Strain the beets out, and move remaining beet kvass liquid to your refrigerator.

## **FIZZY ORANGE DRINK:**

12 oranges, juiced; 1/4 cup whey; 1/2 tsp salt; 2 tsp orange peel extract; water

Pour the juice of a dozen freshly squeezed oranges into a half gallon jar. Fill the jar nearly to the top with purified water. Add 1/4 cup whey, half a teaspoon of salt, and 2 teaspoons of orange peel extract (optional for additional flavor).

Shake, seal with a plastic lid, and let set on the counter for 2 to 3 days. Then, move to refrigerator.

## **FIZZY LEMON DRINK:**

1/2 cup lemon juice; 1/4 cup sucanat; 1/4 cup whey

Combine lemon juice, sucanat, and whey into a 1 quart jar and add water to an inch below the top.

Seal with a canning lid and a plastic lid and sit on counter for 2 1/2 days. Skim any foam that forms with a spoon and discard, and move your fizzy lemon drink to the refrigerator.

## **FIZZY GRAPE DRINK:**

2 bunches of grapes, crushed; 1/4 cup whey; 1/2 tsp salt; water

Pour freshly crushed grapes into a half gallon jar. Fill the jar nearly to the top with purified water. Add 1/4 cup whey and half a teaspoon of salt.

Shake, seal with a plastic lid, and let set on the counter for 2 to 3 days. Strain out the grapes, then move your fizzy grape drink to the refrigerator.