

## Learn How To Cook The Way Grandma Did™.

Learn how to bake sourdough bread and cakes, culture kefir, cream cheese, sour-cream, and make ginger beer the traditional way. Where ever possible use ingredients that are non GM, non-irradiated, non-pasteurized and non-factory-farmed. My preferences are to obtain food from local farmers and producers who can supply organic/biodynamic produce from pasture fed and free range farm animals; raw milk, butter, cream and cheese; and wild game and fish.

### REJUVELAC

#### Anne Wigmores Hippocrates Health Drink

I was first introduced to Rejuvelac by my friends at the Hippocrates Health Centre on the Gold Coast of eastern Australia, where the guests drink a glass of rejuvelac each day to improve their bowel flora. Rejuvelac may also be used as a starter for sourdough bread, and nut and seed cheese.

#### INGREDIENTS (Makes 2 liters)

- 1 cup of wheat grains, from a health food store.
- 2 liters of water.
- 2 liter Mason jar (wide mouthed).

#### INSTRUCTIONS METHOD 1

1. Add the wheat grains to the Mason jar. Fill with water and cover with gauze, held securely in place with an elastic band.
2. Leave the jar on a kitchen bench out of direct sunlight. Give the jar a gentle twirl, but not a shake, every 12 hours. Once a light foam develops the Rejuvelac it should be ready for use. It may take anywhere from 2-5 days to ferment the Rejuvelac depending on the ambient temperature. In hot weather where it may ferment too quickly (around 24 hours) it is possible for the Rejuvelac go putrid. Rejuvelac should have a pleasant yeasty smell with a lemon like flavor.
3. Decant the Rejuvelac into a flagon and refrigerate. Refill the jar with water and ferment for another 24-36 hours to make a second culture. Decant the Rejuvelac and discard the wheat grains.

#### INSTRUCTIONS METHOD 2

1. Soak the grain over night. Rinse then lay the jar on its side to drain and leave the wheat to sprout for 1-3 days or until the roots are 1-3 mm long. Keep the jar covered with muslin and rinse periodically to prevent the grains from drying out, and to remove harmful organisms.
2. Fill the jar with water and ferment the culture for 1-2 days or until it has gone milky with a layer of froth on the surface.
3. Decant the liquid and refrigerate.

**NOTE:**

1. It is possible for Rejuvelac to bad (as it is for sprouts and probably any fermented culture). You can generally tell if the rejuvelac is okay by the smell and taste. It should be acidic with a pH less than pH 3.9. It is good practice to observe, smell and taste the rejuvelac periodically to become accustomed to the changes that occur (as it is for any fermented culture). Rejuvelac should keep in the fridge for a week or more, and will gradually sweeten with time.

2. All bacteria and yeasts have an optimum incubation temperature. Refrigeration will inhibit the growth of some organisms but may give an opportunity for others to flourish. Hot weather or high temperatures, may encourage the rapid growth of pathogenic organisms before the beneficial organisms get started, in which case the culture will smell putrid. If your culture goes off, then discard it, sterilize the jar and wait for cooler weather. In hot weather, it is feasible that a slight acidulation of the water with a little lemon juice at the start of the fermentation may provide an environment less suited to pathogenic organisms.

**MEASUREMENTS**

1 teaspoon = 5 ml / 5 gm. 1 tablespoon = 15 ml / 15 gm. 15 tablespoons = 1 cup / 225 ml. 1 cup = 8 fluid oz / 225 ml. 1 US gallon = 3.6 liters. 1 lb = 16 oz / 454 gm. Temperature 20C = 68F. Conversion from Fahrenheit to Celsius:  $^{\circ}\text{C} = (^{\circ}\text{F} - 32) / 1.8$ . Conversion from Celsius to Fahrenheit:  $^{\circ}\text{F} = ^{\circ}\text{C} \times 1.8 + 32$