

Fermented and Pickled Foods

by Sylvia Melba Christie McGee

Carp DinnerTalk; Carp Ontario

Sunday, September 21, 2014

References:

History of Preserving Foods:

<https://sites.google.com/site/preservingfoodfored/home/history-of-food-preservation>.

<http://www.foodtimeline.org/foodfaq3.html>

http://nchfp.uga.edu/publications/nchfp/factsheets/food_pres_hist.html

<https://answers.yahoo.com/question/index?qid=20080905221903AAD7dGE>

My Experience History:

Pickling: Green Tomato Relish (Chow-Chow) (Mum's Recipe)

Green Tomato Relish (Melba Elliott Christie)	32 green tomatoes 8 large onions 3/4 c pickling salt 4 c sugar 1/2 c pickling spice 4 c cider vinegar	Slice tomatoes and onions. Layer alternately with salt in large kettle. Let stand 24 hours. Drain well. Add sugar, spice and vinegar to cover. Dilute with water if too strong. Simmer 2-3 hours. Place in sterilized jars. To avoid preserves turning black, fill to top of the jar... no air...?? Yields 160 oz or 10x2c jars. Process in water bath for 15 minutes...
---	--	--

<http://www.nyfoodmuseum.org/ptime.htm>

<http://en.m.wikipedia.org/wiki/Pickling>

Fermentation: Sauerkraut (WellnessMama.com); Gingerale (WellnessMama.com)

http://www.gaps.me/preview/?page_id=30

<http://wellnessmama.com/2245/health-benefits-fermented-foods/>

<http://articles.mercola.com/sites/articles/archive/2013/06/01/fermented-vegetables.aspx>

<http://www.motherearthnews.com/natural-health/health-benefits-of-fermented-foods-ze0z1301zgar.aspx#axzz3AUghBGiD>

<http://www.motherearthnews.com/natural-health/health-benefits-of-fermented-foods-ze0z1301zgar.aspx#ixzz3Ce6NzXXB>

Other Resources:

Fermented vs Pickled

<http://www.thehealthyhomeeconomist.com/the-crucial-difference-between-pickled-and-fermented/>

[#sthash.QYjegtyS.dpuf](http://sthash.QYjegtyS.dpuf)

A Story told is a Journey enlightened.
sylviamelbachristiemcgee@gmail.com
Writings; Recipes; Share the Journey's Lessons