

From the Picklemeister

Welcome to the exciting world of making pickled vegetables with the Picklemeister.

Whether you are new to lactic acid fermentation or have been pickling for years, I think everyone will enjoy the ease of making great tasting, healthy pickles and sauerkraut in the Picklemeister. There may be no easier or more cost effective way to get your daily dose of beneficial vitamins, minerals, enzymes and probiotics. And they actually taste so good, and are so much cheaper than many costly supplements. The variety of pickled vegetables that can be made are endless; from traditional dill pickles, sauerkraut and kim chi, to pickled radishes, beets, carrots, okra, parsnips, corn, celery, squash, garlic, peppers, brussels sprouts, pumpkin, apples, beans, etc. Add to that your choice of an endless variety of spices, and as you can see, the sky is the limit.

Lactic acid fermentation is an ancient proven health and preserving tool. People have been fermenting vegetables for thousands of years, and not only for preserving them for later use, but for health reasons as well. Here are just a few tidbits from history.

The first written accounts of sauerkraut date back to 200 BC in China. Even today lactic acid fermentation is used extensively in Asia for everything from sauerkraut to preserving fish, fruits, ect; as well as for the extensive health benefits it provides.

The earliest written instructions for making lactic acid fermented foods are found in the writings of the Roman scholar Pliny in 50 AD. The Romans knew the benefits of sauerkraut, and other lactic acid fermented products. On extended journeys to the Middle-East, Emperor Tiberius carried several barrels of sauerkraut which they believed protected against intestinal infections and kept them strong.

In the 18th century many sailors suffered from scurvy, a deficiency of vitamin C. When Captain Cook sailed around the world he carried sauerkraut which is very high in vitamin C, and over his three year voyage did not loose a single man. During that time they begun to focus more on nutrition. The same thing is happening in our time. For many years we as a culture have gotten away from live food. More and more health benefits are being rediscovered from this simple, age old tradition of lactic acid fermentation. There is an ever expanding group of people who are rediscovering not only better health, but also great tasting food; letting food be their medicine and medicine their food.

Within this revival there have been several great inventions to make it simpler for anyone to make this wonderful food. Two of these are the Harsch Crocks and the Picklemeister. With their water seals they keep out mold spores and bad bacteria, and keep down smelly yeasty buildup that traditionally had to periodically be skimmed off. Yet, they let the natural carbon dioxide gases bubble out harmlessly. We hope that this age old health principle will become a tradition in your home. Happy adventures with your pickling!

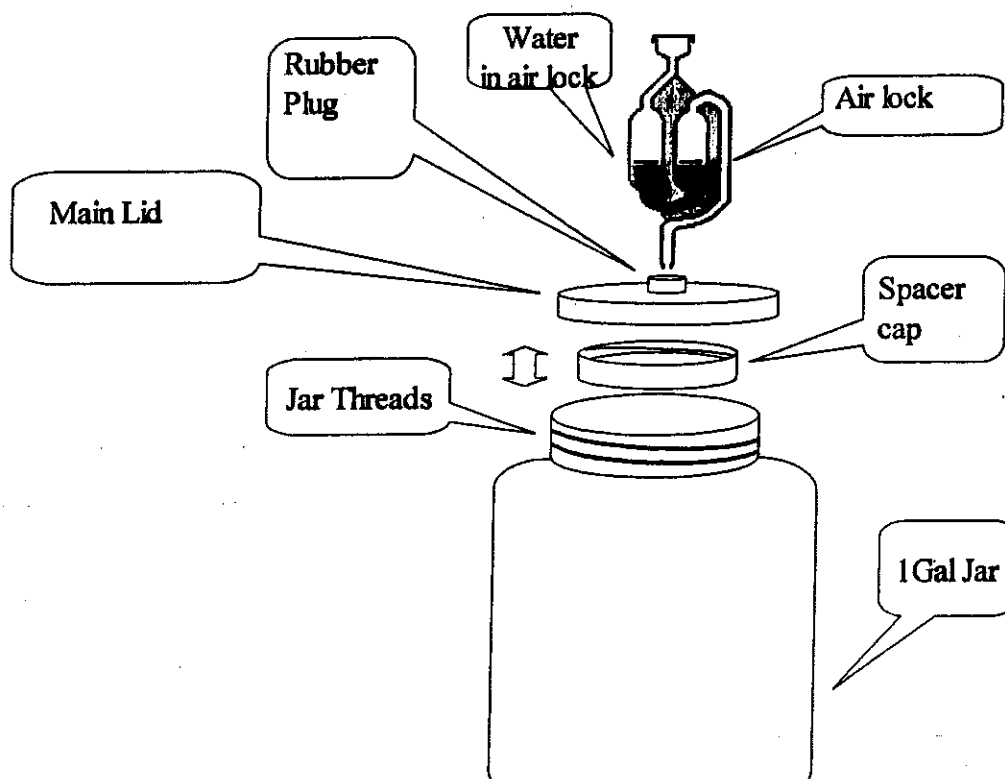
For a more in-depth look at the history, health attributes, and for many recipes I recommend the book *Making Sauerkraut and Pickled Vegetables at Home* by Klaus Kaufmann and Annelies Schoneck. It is available at wisementrading.com.

The Picklemeister includes everything you need to began fermenting your vegetables: a 1 gallon (or ½ gallon) glass jar, a cap with rubber plug and stopper, a double bubble air lock, and a second lid that works as a weight to keep food submerged under the brine.

Directions for using your Picklemeister

These simple steps will get you started.

1. Wash all of your Picklemeister parts in warm soapy water and rinse well.
2. Wash and look over your cucumbers or vegetables. Use only fresh, clean looking ones. The ideal size of the vegetables is 2-5 inches.
3. Pack the jar to the bottom of the cap threads with cucumbers or other vegetables and spices. Vertical arrangement of your vegetables is best. Make sure there is enough space for the spacer cap to be set in upside down and level with the jar rim.
3. In a bowl mix 6 cups spring, well, or filtered water (non-chlorinated please) with 3-6Tbs of sea salt. Mix well at room temperature. The water amount may need to be altered depending on how tight the vegetables are packed.
4. Pour the salt water mixture over the cucumbers until it reaches $\frac{1}{2}$ inch from the top of the rim, so that when you set the spacer cap in upside down, the liquid just barely overflows into the spacer cap. If the liquid does not overflow, add more of the salt water mix.
5. Screw on the main lid, fill the double bubble air lock with water to the marks on the sides, then insert it gently, but firmly into the hole of the rubber plug until it stops.
6. Set the Picklemeister on a plate or saucer in case of over-flow during fermentation.
7. Move the Picklemeister to a cool place: 60-75F and away from sunlight. Leave for 4 days.
8. After the 4th day, open and taste. You may leave it another day or two to get a slightly better taste. If you do this, you may get a white yeasty, cloudy color. This may also appear if the temperature is too high during fermentation, but do not worry if this happens, the pickles are still good to eat although they may have a slightly yeasty flavor.
9. After the pickles taste the way you want, either move the pickles to another container, or remove the air lock from the Picklemeister and insert the included stopper into the hole. Either way, immediately place in the refrigerator.
10. Many people believe the pickles get crunchier and the taste gets better after a week or so in the refrigerator. They should keep well in the refrigerator for several months.



A few helpful tips to keep in mind when fermenting with the Picklemeister follow.

Before each use wash the Picklemeister and all parts thoroughly in warm soapy water.

Do not sterilize the Picklemeister as this may interfere with the beneficial bacteria.

Do not wash the lid or other plastic parts in the dishwasher.

After the initial 4-5 days of fermenting at room temperature (60-75F), always refrigerate your pickles as they will not keep at room temperature.

Use only spring or filtered water in the Picklemeister as chlorine will kill the needed beneficial lactic acid bacteria.

You must make a full jar of sauerkraut or pickles.

The rubber plug may be removed for cleaning. Just pull gently, and make sure to replace it firmly or it may leak.

If the Picklemeister should leak during fermentation, do not worry as it will not harm the pickles. You may try either tightening the lid, or pushing the air lock or rubber plug in tighter. To avoid this problem make sure all connections are tight and the lid is screwed on firmly as well.

For more great recipes check out the book, Making Sauerkraut and Pickled Vegetables at Home by Klaus Kaufmann and Annelies Schoneck available at wisementrading.com. Also, take a look at their other great sauerkraut and pickle making supplies.

Warranted to be free from defects in material and workmanship for 1 year from the date of purchase. Consequential or incidental damages are not covered.

**For parts contact:
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Athens AL 35614
256-729-8868
wisementrading.com**

How to make sauerkraut in the Picklemeister.

1. Wash all parts in warm soapy water.
2. Wash 5-6 medium cabbages well, remove cores and slice very thin or as you desire.
3. Add 3-6Tbs sea salt to the cabbage mix and rub it in very well. Now is a good time to add other spices as well.
4. Start adding the shredded cabbage to your jar a little at a time. Every time you add a pound of cabbage pound and mash it down with your fist to press the juices out. Make sure the air bubbles trapped in the cabbage as you go. Fill the jar to the bottom of the cap three-quarters of the time, if you have fresh cabbage, it will produce enough juice (brine) to cover the cabbage.
5. Set the spacer cap into the neck of the jar upside down, slowly push it down until it is flush with the rim of the jar. You want a little of the brine to run over into the spacer cap. If it doesn't you may have to add some salt water to make sure all the cabbage is being held down. To make the salt water add 2 tsp salt per cup of spring, well, or filtered water (non-chlorinate). Adding liquid to the cabbage make sure there are no air pockets.
6. Now screw on the main lid, fill the double bubble air lock with water to the marks on the lid then insert the air lock gently, but firmly into the hole of the rubber plug until it stops.
7. Set the Picklemeister on a plate or saucer in case of over-flow during fermentation.
8. Move the Picklemeister to a cool place about 60-75F and away from sunlight. Leave for 3-5 days.
9. Either move the sauerkraut to another container, or remove the air lock from the Picklemeister and insert the included stopper into the hole. Immediately put your sauerkraut in the refrigerator.
10. Many people believe the sauerkraut gets crunchier and the taste gets better after a week in the refrigerator. It should keep well in the refrigerator for several months.

Very easy sauerkraut

- 7 pounds of white cabbage
- 2 tsp caraway seeds
- 2 cloves garlic (optional)
- 3 Tbs sea salt

Great cabbage sauerkraut

- 7 pounds of white cabbage
- 1 cup sliced onions
- 2 cloves garlic (optional)
- 2 tsp caraway seeds
- 2 tsp celery
- 6 juniper berries
- 4 Tbs sea salt

Easy dill pickles

- 5 pounds or approximately 15 cups pickling size cucumbers
- 5 garlic cloves sliced
- 2 medium onions sliced
- 6 or more heads fresh dill (you can substitute dried dill seed in a pinch).
- 6 cups non-chlorinated fresh water