**Fermented foods= Delightful! 5.02**

Did you know that fermented foods have been a staple food in diets all over the world? No, well… we are going to introduce you to a culinary explosion of flavor and the science behind the dishes people love.

Fermented Radish Pickles… you are going to make this.

Today-

1. Make the brine: Take 4 cups of water and 3 tablespoons of kosher salt and bring to a boil.
2. Thoroughly wash a wide mouthed mason jars with hot soapy water. Allow this to cool overnight. Number your mason jar with a wax pencil. Cover with tin foil. Place in the classroom window. DON’T SPILL IT!

Tomorrow (making the pickled radishes)

FERMENTED RADISH SLICES

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**About This Recipe**

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| YIELD: | makes 1 quart |
| ACTIVE TIME: | 30 minutes |
| TOTAL TIME: | 5 to 7 days |
| SPECIAL EQUIPMENT: | 1 wide mouth quart jar, 1 quarter pint jar |
| THIS RECIPE APPEARS IN: | [In a Pickled: Fermented Radish Slices](http://www.seriouseats.com/2012/06/in-a-pickled-fermented-radish-slices.html) |

Ingredients

1 1/2 pounds fresh radishes, washed, trimmed, and cut into 1/2 to 1/4-inch thick slices

Brine from yesterday’s preparation

Procedures

1. Wash one wide mouth quart jar and one quarter pint jar well.
2. Pack radish slices to the clean quart jar and cover with cooled brine, leaving about an inch of headspace.
3. Fit the quarter pint jar into the mouth of the quart jar. Pour the remaining brine into the quarter pint jar. Press the quarter pint jar down, until the brine reaches the rim of the quart jar, so that the radishes are completely submerged.
4. Let radishes sit on your counter for 5-7 days, until the brine goes slightly cloudy and the radishes taste quite tart. When they’ve reached the level of tang you like, remove the quarter pint jar, place a lid on the quart jar and refrigerate.

Fermentation Questions: <http://www.seriouseats.com/2012/06/in-a-pickled-fermented-radish-slices.html>

1. How long does it take a radish to grow to maturity?
2. What is a radish’s flavor like?
3. How can radishes be eaten?
4. What is the method of fermentation?
5. How will you know when the radishes are pickled and ready for consumption?

Fermented Foods from around the world… Find out a little of the mystery and history of each.

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| Food | Where it is from and three other pieces of information about this food. |
| Sauerkraut |  |
| Kimchi |  |
| Kosher Dill Pickles |  |
| Miso |  |
| Tempeh |  |