

Pinkfarm Green Papaya Ferment

1 April 2017

*Fermented foods
provide a host of
health benefits*

Ferments are easy to prepare and provide a host of health benefits from improved digestion of proteins to immune strengthening. They contain high levels of vitamins, minerals and antioxidants.

This ferment is not recommended for pregnant women as consuming large quantities of this could induce miscarriage.

Recipe

1 – 3 hot red and green chilies (finely diced)

700g of grated green papaya

2 teaspoon of finely grated ginger

1 brown onion sliced

2 teaspoon of lime juice

large handful of chopped coriander (stem and root included)

1 large tablespoon of good quality sea salt

Place all ingredients in a bowl. Massage or bash until juices run free when squeezed. Press into a jar firmly to ensure that there are no air pockets and that liquid covers to top of the ingredients. Leave a breathing gap at the top of the jar. Place a cabbage leaf over the top and weigh the ferment down with a glass weight. Ferment for 3 days away from the sun.

