

Sauerkraut Frittata

By Kirsten K. Shockey

Prep Time: 10 minutes

Total Time: Half Hour, at the most

The beauty of this recipe is that it can be varied easily just by changing the type of kraut. It really is a guideline more than a recipe. It is quick and easy. Please feel free to play with this recipe; change up the kraut flavors, add other fresh veggies (saute some onions for example), leave out the cheese or make with vegan cheese. (For more ideas on using sauerkraut or other ferments see my book [Fermented Vegetables](#).)

Alternate cooking option: Start on the stove top as directed, when potatoes have a bit of crispy bottom and are fully cooked, add the remaining ingredients and transfer uncovered to a 350°F oven and bake until eggs are firm with slight browning on top.

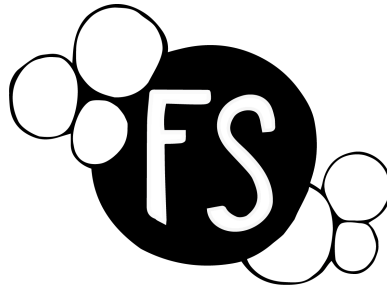
INGREDIENTS:

- 4 – 6 eggs
- *pinch of salt and pepper*
- *a scant ¼ teaspoon freshly grated nutmeg*
- 2 – 3 medium potatoes, sliced thinly
- 2 tablespoons olive oil
- 1 ½ cups raw sauerkraut, drained
- 1 cup grated Swiss or other cheese

METHOD:

- 1.) Crack the eggs into a large mixing bowl. Add salt and pepper, nutmeg. Beat lightly. Set aside.
- 2.) Slice the potatoes thinly. You may peel or keep skins on, as to your preference. They should be so thin that if you slightly bend them they don't snap and break, but not so thin they're translucent.
- 3.) Heat oil in pan over medium high heat. Once hot add the sliced potatoes, creating a thin layer as you go. You will be creating the crust. Lower the heat to medium.
- 4.) Leave potatoes in place and cover the pan for a few minutes to allow them to cook halfway.
- 5.) When the potatoes are starting to soften, but not fully cooked, add the sauerkraut. Pout the egg mixture over the top of this and top with the cheese. Replace the lid and lower the heat to low.
- 6.) Check in 10 minutes. It may take 15 or up to 20, depending on how low your heat is. It is done when the eggs are firm, and the cheese is melted.
- 7.) Eat immediately.

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The Fermentation School

MISO GINGER ROASTED WINTER SQUASH

By Meredith Leigh



Prep Time: 15 minutes

Total Time: 1 hour

This is a delicious way to use miso in a non-soup recipe, perfect for fall and easy to whip up. You can use the miso marinade on virtually any roasted vegetable, just adjust cooking time accordingly.

INGREDIENTS:

1 acorn squash, de-seeded and chopped into 1-2 inch pieces.

1/2 C. homemade vinegar, I like to use a mix of rice vinegar and white wine vinegar

2 T. light miso

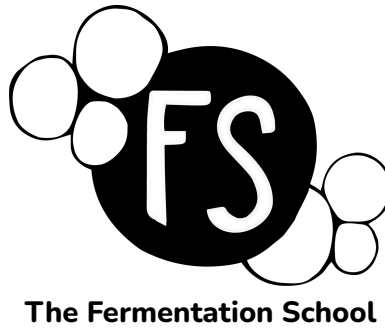
1 T. ginger, peeled and grated
1 t. Sea salt or kosher salt
½ t. Freshly ground black pepper
1-½ C. extra virgin olive oil

METHOD:

- 1.) Preheat the oven to 325 degrees Fahrenheit
- 2.) Arrange the acorn squash pieces on a sheet pan and set aside
- 3.) In a pint mason jar, combine the vinegar, miso, ginger, salt, pepper, and olive oil
- 4.) Using an immersion blender, blend the ingredients in the jar until silky smooth. Taste, and add more salt if needed
- 5.) Drizzle about ¼ of the dressing in the jar over the squash pieces, and toss the squash pieces so they are evenly coated. You won't need all the dressing that you made to coat the squash!
- 6.) Bake the squash until soft and golden brown, roughly 35-45 minutes

Serve warm. Use extra miso-ginger dressing to add flavor to grain bowls or salads!

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KIMCHI PIZZA

By Nicole Morris

Prep Time: 10 min

Total Time: 25 min

Kimchi replaces red sauce in this umami bomb of a pizza. Get creative with your cheese selection and toppings. Something sweet like honey or fruit will balance the acidity and saltiness of the kimchi and cheese. Mushrooms, garlic and sausage are some of my favorite toppings. From spinach and green onion to avocado, bok choy and egg, the combinations are endless!

INGREDIENTS:

Pizza dough (preferably homemade sourdough)

Sesame or olive oil

1-2 cups of kimchi, depending on your preferred sauciness

1 cup cheese of choice (try mozz and gouda)

Additional toppings

Optional sauce drizzle - fish, oyster, tamari, soy, or any funky ferment in your fridge

METHOD:

- 1.) Preheat pizza stone or baking sheet in 500F oven.
- 2.) Chop or blend kimchi into a spreadable sauce.
- 3.) Roll dough out on a parchment paper and pierce well with a fork.
- 4.) Coat dough in oil. Remove preheated stone from oven and place dough on top.
- 5.) Spread kimchi evenly on dough. Sprinkle cheese on top.

- 6.) Scatter toppings on top of cheese, or add fresh after removing pizza from the oven. *
- 7.) Bake for 7 minutes.
- 8.) Drizzle sauce on top and enjoy!

*If using eggs, cook the pizza for a few minutes first to make sure any other toppings are cooked. Crack the eggs on top and cook for a few more minutes until whites are done. A quick broil on low will help finish the egg whites and crisp up the cheese.