



www.thefermentationhub.com

Forage & Ferment Wild Garlic Party

Recipes, Instructions & Aftercare

Wild Garlic Kimchi

1 batch = 350g — use one 500ml jar (you need a little headspace for fermentation)

- 200g wild garlic
- 100g radish (or whatever is in season)
- ½ red onion
- ½ apple or pear
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 2–3 tsp gochugaru (or chipotle or ancho chillies)
- 1 tsp salt

1. We're leaving the wild garlic whole for this - but if you'd prefer it chopped - just chop in roughly.
2. Julienne the radish (this adds some crunch)
3. Finely slice the onion

4. For the kimchi element you can either create a paste with the ginger, pear, soy sauce, chilli flakes and salt (which is what I did but you need a blender for this) or grate the ginger and dice or slice the pear/apple and add the salt, chilli & soy sauce separately
5. Add your ingredients to your wild garlic leaves (you might want to use gloves to avoid staining or if you're sensitive to chilli). Mix really well to make sure all the wild garlic is coated.
6. Leave for 20 minutes or so to allow the salt to help brine release from the wild garlic.
7. Pack tightly into your jar, pressing down firmly to eliminate all air pockets and so that the liquid rises above the veg
8. Use a nori sheet, onion skin or large leaf to tuck everything below the brine
9. Place your weight on top — a ramekin, glass weight or zip-lock bag filled with a salt brine of 2% work well (that's 20g salt per litre filtered water). You can ferment without these but your ferment will need a little extra nurturing.
10. If you are using a ziplock - this can act as a weight, lid and makeshift airlock (keeping the air out while allowing gases to escape.) Otherwise pop your lid on and leave to ferment at room temperature for 5 - 14 days.
11. If you are not using an airlock system you will need to burp your jar daily to release the build up of gases. Also, if you are not using an airlock system press down your weight - or if you're not using a weight press down your veggies with a clean utensil to make sure it stays below the brine. I wouldn't touch it if you are using the zip lock and the whole surface of the ferment is covered.
12. Start to taste after 5-7 days and when you are happy with the level of tang, put the lid on tightly and pop it in the fridge where it will last unopened for several months.

Fermented wild garlic pesto

1 batch = 100g — use a 200ml jar (you need a little head space for fermentation)

- 75g wild garlic leaves
- 45g seeds or nuts of your choice
- ½ tsp salt

1. Roughly chop the wild garlic leaves
2. Add the seeds or nuts a food processor and pulse a few times until they are roughly chopped.
3. Add your salt and then your wild garlic leaves in batches. Pulse. You want a roughly chopped paste.
4. Leave for 10-20 mins to allow the salt to work on the wild garlic and extract a little brine.
5. Pack tightly into a clean jar, pressing down firmly to remove air pockets
6. Add a large wild garlic leaf or some onion skins to stop anything floating up. Add a weight if you have room. (a zip lock bag works well here too)
7. Seal and leave at room temperature for 3-7 days to ferment, then move to the fridge.
8. Before serving, stir in olive oil and parmesan or nutritional yeast to taste

Want to Learn More Fermentation Like This?

If you enjoyed these recipes, fermentation has a whole world of discovery waiting for you.

Inside [The Fermentation Hub](#) this month renowned author and educator Kirsten K Shockey takes a deep dive into fermenting onions as the main ingredient and share her delicious spicy onion and mango recipe. We're also making a Fermented Cleavers tonic – a lightly effervescent soda that supports your lymphatic system – making the most of the newly emerging shoots.

Next month we're making wild garlic miso (because it would be rude not to make the most of this delicious free ingredient) and rhubarb kosho – a seasonal riff on a spicy Japanese condiment.