

Fruit Kimchi \*

¼ fresh pineapple \*\*

2 plums, pitted \*\*

2 pears, cored \*\*

1 apple, cored

Small bunch of grapes \*\*

(these are suggested fruit – you could try any fruit or combination that appeals to you)

½ cup of cashews (or any other nut)

2 tsp of sea salt

1 lemon, juiced

Small bunch of cilantro, chopped

1-2 fresh jalapeno peppers, finely chopped \*\*

1-2 hot red chilies, fresh or dried \*\*

1 leek or onion \*\*

3-4 cloves of garlic finely chopped \*\*

3 tbsp of grated ginger

\*\* my variation

1 plum, 1 pear more pineapple

Used red seedless grapes

1 jalapeno, 2 dried hot chilies one red and one yellow

4 green onions

Thinly sliced about 6 cloves of garlic

Chop fruit into bite size pieces into a bowl. Peel if you wish (certainly peel the pineapple – I did not peel anything else but thoroughly washed them). Add nuts. Mix together. Add salt, lemon juice, spices and mix well.

Stuff mixture into clean jar. Pack it tightly into the jar, pressing down until the brine rises. If necessary, add a little water. Weigh it down and ferment.

Check it every day and press down the kimchi below the brine. I use a spoon but Sandor writes that you do it with your clean fingers. He likes it because of the tactile feel and a chance to lick his fingers. I prefer to lick the spoon.

Ferment in the kitchen or in a warm place. You can taste it every day. After about a week, when you feel it tastes ripe, move it to the refrigerator. I put the fruit kimchi into the fridge after 5 days. Or you could slow ferment in the more traditional way by adding more salt and placing it in a cool spot such as a hole in the ground or in the basement.

As the fruit kimchi ages, it will develop an increasingly alcoholic flavour.

\*Recipe from Wild Fermentation by Sando Ellix Katz