



## HOW TO FERMENT GRAINS

### MATERIALS

- Clean glass jar with lid\* (plastic lid if possible)
- Whole grain of choice
- Water
- Liquid culture starter (about 1 to 2 tablespoons per cup of grains)—this can be any fermented liquid including whey, homemade kefir, kombucha, or brine from fermented veggies, kimchi, or kraut)

\* I use a quart-size (4-cup) glass ball jar for up to a cup of dry grains. If you are cooking more than 1 cup of grains, then you will need a larger jar.

### INSTRUCTIONS

1. Add the uncooked whole grain to a clean glass jar.
2. Fill with water, leaving about 2 to 3 inches of space. If I am using a 4-cup ball jar, I generally fill it until the 3-cup mark.
3. Add in the liquid starter culture. If you are using a 4-cup quart jar and are using 1 cup of dry grains or less, then 1 to 2 tablespoons of starter is plenty. If you are using a larger jar and more grains multiply the quantity as needed.
4. Place the lid onto the jar and close tightly. Shake the jar around until the culture is completely blended with the water and grains.
5. Let the jar sit in a warm area (ideally around 70° to 80°) for 12 to 48 hours, depending on your fermentation preference. I prefer a milder ferment with an average of 24 hours of fermentation time. **TIP:** If it is chilly in your kitchen, keep your jar by a warm stove, in the oven with a pilot light, by a warm heater, or by a warm crackpot.
6. After the allotted time, use a fine mesh strainer to drain out the fermenting water; discard water.
7. Once fermented and strained, cook the grains as usual, but be cautious that less water and cooking time are often needed, especially with longer ferments.
8. If you are grinding your grain to make a porridge or flatbread, I suggest straining as usual and then adding the grains to a blender. Pour in the liquid needed to make the porridge or flatbread and blend them together to make a water paste. Then cook as usual.