



HEALTHY EATING GUIDE



EASY TO FOLLOW RECIPES WITH HINTS AND TIPS

KILNER HAS A... GUT FEELING ABOUT FERMENTING

Health has never been quite so high on our agenda,
bringing new diets and trends to the way we eat.
Fermentation is a word we are hearing more of lately but
what exactly does that mean for us and what is involved?



Fermentation is a natural process and has been around for thousands of years. Think bread, wine and beer and that's the process involved, but recently it's how we have adapted that process and what we are fermenting that has changed.

The current crop of ferments use fruit and vegetables and begin with lacto-fermentation where they are soaked in a starter culture, sometimes their own juice or a brine.

This starts the growth of bacteria, which then eats at the natural sugars producing a lactic acid creating a whole different taste altogether. The acidity kills any bad bacteria leaving nothing but tangy and beautiful tart goodness behind.

Fermentation is fun, opening up exciting new flavours while creating an amazing culture of health. The entire process creates beneficial enzymes, nutrients and natural probiotics that aid digestion, improve bowel function and ups your immunity. Not forgetting that it's a budget friendly way to incorporate inexpensive healthy foods into your diet. Plus fermented foods last much longer.

The fermenting process is a relatively simple one and easily done at home - you just need good quality materials. Glass is one of the best options for fermenting as it doesn't scratch easily (scratches can harbour foreign bacteria that can spoil your ferment) and it doesn't contain chemicals that could possibly leach into your food.

Another important thing to remember is to use a tightly sealed lid for storage once the fermentation is complete.

Begin your fermenting journey with Kilner® jars and try this Beetroot and Red Cabbage Sauerkraut recipe.



PROBIOTIC BEETROOT AND RED CABBAGE SAUERKRAUT

½ medium red cabbage head,
finely diced
1 medium beetroot, peeled
and grated
2 inch ginger piece, peeled
and grated
1 tsp sea salt

1, Add all of the ingredients to a large bowl and sprinkle the salt all over. Use your hands to scrunch the salt into the vegetables and leave for a few hours, mixing occasionally, until the juices collect in the bottom of the bowl.

2, Transfer the mixture into clean glass Kilner® jars and press down well. If the juices don't completely cover the mixture, add more salted water (1 tsp sea salt to 1 cup of water). Make sure you leave around 1.5 inch headspace between the top of the jar and the liquid.

3, Cover with a cabbage leaf and pack it down again. Put the lid on and leave it loosely fastened or if using a clip top, don't fully fasten the clip.

4, Leave out on your worktop for 3-7 days (the longer you leave it the stronger the taste so if its your first time, we recommend 3 days).

5, Once you have finished fermenting, seal tightly and keep in the refrigerator until chilled. It's now ready to eat and will keep in the fridge for months (if it lasts that long!).





WHAT A PICKLE!



A delicious spicy medley of vegetables, flavoured by aromatic dill and garlic. Armenian Pickles, sometimes known as Tourshi, is the ultimate in pickling versatility. The name comes from the word 'torsh', Persian for sour.

Our recipe uses traditional vegetables like cabbage and green beans, but we've also added beetroot for a vibrant twist. Swap and change your combination according to seasonality, or try swapping horseradish with fresh chilli peppers for added heat.

Leave for several months to let the flavours impart and the deep red colour will brighten up any winter meal.

ARMENIAN MIXED PICKLES

2 beetroots, peeled and sliced into discs
½ small white cabbage, sliced into wedges
200g mixed runner beans or French beans, tailed
4 spring onions
1 head of wet (new) garlic, left whole, outer layer peeled
50g dill heads or stalks
50g fresh horseradish, chopped
1 litre water
3 tbsp sea salt flakes
10 black peppercorns
10 mustard seeds
10 coriander seeds

- 1, Fill a 2 litre Kilner® clip top or screw top jar with the vegetables, garlic, dill and horseradish.
- 2, Bring the water, salt, peppercorns, mustard and coriander seeds to boil in a saucepan and leave to cool for 20 mins.
- 3, Pour into the jar and make sure all the vegetables are covered with the liquid.
- 4, Close the jars and leave on the worktop for a week to pickle.
- 5, Store in the fridge. This will keep for months, unopened.

THE KIMCHI CRAZE

When talking about on trend ferments, Kimchi is probably one of the latest to hit our food scene. Originating from Korea, it's a side dish of fermented vegetables that has been on the country's homeland plates for centuries.

The great thing about Kimchi is that unlike some food trends that consist of rare, hard to find ingredients, cabbage is the main ingredient. Cheap, abundant and widely available.

What makes Kimchi fun, as well as beneficial, is that Kimchi is actually all about technique rather than the ingredients or recipe. Traditional recipes use napa cabbage but modern takes include anything from radishes, cucumber to eggplants. Historically it has been about seasonality and availability, this means making Kimchi in the summer months with the abundance of fresh vegetables for eating in the winter.

Koreans typically serve their Kimchi alongside national dishes, roasted meats or fish. However, the Kimchi craze in the Western hemisphere has seen it moving from a Korean staple to additions to omelettes, jacket potatoes and even toasties.

Kimchi has a flavour that hits your taste buds and is quite unique. While some original recipes may not be for everyone, with the abundance of different recipes available today, there is sure to be something to suit most palates.



Kilner® 0.45 litre
Facetted clip top jar



Kilner® 0.5 litre round
clip top jar



Kilner® 0.95 litre
Facetted clip top jar



Kilner® 0.5 litre square
clip top jar



KIMCHI

Traditional recipes use a fiery Korean chilli powder called kochukaru. Try this adapted Kimchi recipe guaranteed to set your taste buds alight, but mild enough for those preferring a little less heat.



- 900g red cabbage, chopped
- 50g pickling salt
- 225g carrot, julienned
- 225g daikon radish, julienned
- 6 green onions, sliced into 1 inch segments
- 4 cloves garlic, minced
- 1 asian pear (or apple), peeled, cored and chopped
- 1 small yellow onion
- 240ml water
- 50g kochukaru (you can use cayenne pepper as a substitute)
- 2 tbsp fish sauce

- 1, Place the thinly sliced cabbage leaves into a large bowl along with the salt. Massage the leaves until water begins to release.
- 2, Cover the cabbage with water and leave for a minimum of 2 hours, occasionally mixing the cabbage leaves (it will have reduced in volume and feel limp. Leave for another hour if still firm).
- 3, Strain the cabbage and rinse under running water, repeat and then return to the bowl.

- 4, Add the daikon, carrot, green onions, ginger and garlic.
 - 5, In a food processor, combine the pear, yellow onion, water, chilli powder and fish sauce until smooth and add to the cabbage.
 - 6, Mix the contents of the bowl well, making sure everything is coated with the sauce.
 - 7, Pack the Kimchi tightly into Kilner® jars, leaving 1- 2 inch of headspace. Make sure the vegetables are pushed down and compact so they are fully submerged.
 - 8, Clean the rims, removing any debris. Close the jars with a loose fitting lid and let ferment at room temperature for a minimum of 3 days.
- You can begin tasting the Kimchi after the 3 days and decide when to stop the fermenting according to the sourness. Everyone is different but you will be looking for a definite sour or tangy taste. Once you have reached the required levels, seal the jars tightly and store in the fridge.



Kilner® 1 litre preserve jar



Kilner® 1 litre round clip top jar

SALAD DAYS...



SPANISH SALAD

- Chorizo
- Chargrilled red pepper
- Carrot
- Leaves
- Black Olives
- Oil & Balsamic



RAINBOW SALAD

- Kiwi
- Pineapple
- Pomegranate
- Strawberries
- Blueberries
- Crème fraîche



W FRUIT

wi
apple
granate
berries
berries
Fraîche



VIETNAMESE

Rice Noodles
Carrot
Beef
Thai Basil
Chilli
Peanuts
Satay Sauce

MISO IN MINUTES



COCONUT MISO SOUP

1 sheet dried egg noodles (cooked)
1 litre boiling water
2 carrots, grated
2 spring onions, sliced
½ inch ginger, minced
50g broccoli, cut into florets
50g red cabbage, shredded
2 tbsp lemon juice
15ml tamari (you can use soy sauce)
1 cup coconut milk
40g mushrooms
30g miso paste
1tsp chilli paste

Kilner Soup jars are quick, easy and the perfect answer to those who want fast food but like keeping it healthy. Taking healthy lunches to work couldn't be any simpler or tastier with this recipe. Prepare the night before, seal, chill and grab on your way out. All that's left to do is add a little hot water to bring your jar back to life.

Makes enough to fill 2 x 0.35 litre Kilner® Clip Top Jars

- 1, Share the cooked noodles between the two Kilner® jars.
 - 2, Add carrots, spring onion, ginger, broccoli and red cabbage to a saucepan of boiling water. Blanche until just fork tender.
 - 3, Remove from the heat and add lemon juice, tamari (or soy sauce), coconut milk, miso paste and chilli paste. Stir well.
 - 4, Share vegetables between the jars and top with fresh bean sprouts and mushrooms.
 - 5, Leave the stock from the pan to cool and then add to the jars, filling only half way up.
 - 6, Seal your jars and place in the refrigerator until you are ready to use.
 - 7, Add hot water to your jars to bring your spicy, fragrant soup back to life.
- Do not pour boiling water directly into jars.



SAVE TIME AND MONEY WITH OVERNIGHT OATS



No time? Overnight oats is the easiest way to make a quick breakfast even quicker. Prepare for the week ahead using simple, healthy ingredients and Kilner® jars. Enjoy hot or cold, summer or winter and start your day the healthy way. Simply add the dry ingredients to enough jars for the week ahead. Add milk the night before storing in the fridge allowing the oats to soak up the almond, soy or dairy milk. Add your favourite toppings in the morning.

PEANUT BUTTER OATS



45g rolled oats
1 tsp chia seeds
¼ tsp cinnamon
¼ tsp cocoa powder
¼ tsp vanilla extract
1 tsp honey (or preferred sweetener)
2 tbsp peanut butter
120ml milk (this can be any milk of your choice e.g almond milk)
Banana
Chopped nuts
Dark chocolate shavings

BLUEBERRY & BANANA OATS



45g rolled oats
1 tsp chia seeds
1 tsp honey
45g plain greek yogurt
80ml milk (you can choose any type of milk)
Bananas and blueberries, sliced



STRAWBERRY JAM OATS

45g rolled oats
120ml milk
100g strawberries
1 tsp honey
1 tsp freshly squeezed lemon juice
1 tsp chia seeds

- 1, Set up your 5 Kilner® jars. You can use a 0.5 litre clip top jar or preserve jar.
- 2, Add the oats to each jar and seal and store in the fridge.
- 3, Add the strawberries, honey and lemon juice to a bowl and mash with a fork until puréed.
- 4, Add the chia seeds and mix well. Store in the fridge in a Kilner® jar. You can prepare enough puree for the whole week ahead as long as it is stored in an air tight jar.
- 5, Add the milk to the oats before heading to bed each night.
- 6, In the morning, layer the strawberry jam on top of the oats. Feel free to top with more fresh strawberries, nuts or any other topping of your choice.



BROWN THE OATS IN A HOT PAN FOR A FEW MINUTES TO RELEASE THE FRAGRANT FLAVOUR.

KILNER IS... NUTS ABOUT MILK



As more people switch to dairy free diets, plant milks have become increasingly popular. With fewer calories, saturated fat and sugars, it's obvious why people are making the switch. With increasing demand, commercial plant milks, like almond, cashew and soy, are now readily available in both larger supermarkets and on the shelves of local greengrocers. These milks, while convenient, are far inferior in both taste and nutrients to freshly homemade varieties. Try making your own fresh almond milk, packed with live enzymes while being additive and preservative free.

ALMOND MILK

1 cup raw unsalted almonds
½ tsp salt
6 cups water
4 pitted Medjool dates
2 scraped vanilla beans

1, Place the almonds, 2 cups of water, and salt in a medium-size bowl.

Soak the almonds overnight.

2, After the soaking period is complete, drain the water and rinse the almonds. Squeeze the almonds to remove the peels.

3, Place the almonds, 4 cups of water, dates, and scraped vanilla beans into the blender. Blend the ingredients for 60 seconds on high.

4, Strain the milk through a Kilner® muslin sheet or a clean tea towel by slowly squeezing the bag like you're milking a cow.

5, Place the milk in a bottle with a tight-fitting seal for 7 days.



