



Home Made Condiments :)

Do you know how simple it is to make condiments from scratch?

Condiments! Are meant to be probiotic — but most store bought condiments are not probiotic due to our over processing of foods and killing all bacteria — the good and the bad.

Fortunately, it is easy to make some condiments yourself; like mustard, mayonnaise, sour cream, etc.

Condiments were meant to be probiotic to help us digest our foods. Once the probiotic element is removed, condiments are not that beneficial ... store bought mayonnaise for example is inflammatory with no nutritional benefit whereas homemade mayonnaise is probiotic and nutrient dense.



Condiments that are fermented include:

- ॐ Olives from an olive bar, pickles that have been pickled in a salt brine, apple cider vinegar, soy sauce or the cleaner version known as Tamari, miso soup, mustard, mayonnaise, ketchup, Tabasco sauce, and Worcestershire sauce

- ॐ Fermented fish (popular in Asian cultures), dosa batter used to make Indian dosas, tempeh in Japan, and poi from Hawaii :).

Healthy Homemade Mayonnaise

Please note: it is very important that all the ingredients are at room temperature for this recipe. Having ingredients that are too hot or too cold can cause the mayo to separate or not emulsify. Any oils can be used for this, though I prefer avocado oil, macadamia nut oil, coconut, olive (not extra virgin), walnut or other healthy oils.

Ingredients

- 4 Egg Yolks
- 1 TBSP Apple Cider Vinegar or lemon juice
- 1 Tsp Mustard (see recipe below for a good homemade mustard)
- Salt & Pepper to taste
- 2/3 cup olive oil
- 2/3 cup avocado oil or oil of your choice (I use all avocado oil)

Procedure:

Place four egg yolks in a bowl or jar. Blend with hand blender until smooth.



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Add vinegar or lemon juice, mustard, and spices and blend until well mixed

S-L-O-W-L-Y add oil while blending (if using two different oils start with the olive oil). Slowly pour in a little at a time and blend until it emulsifies and then keep adding slowly until all the oil is incorporated.

Place in a jar and keep in fridge. I have kept it for as long as two weeks.

HOMEMADE SOUR CREAM RECIPE :)

<http://www.culturesforhealth.com/sour-cream>

Making sour cream at home is easy, you will need only cream and a starter culture. While making sour cream takes only a few minutes of prep time, allow a full 24-48 hours for the sour cream to culture and cool prior to serving.

The simple version:

1 cup organic grass fed heavy cream

1 tablespoon organic grass fed yogurt

Mix together in a mason jar. Cover with cheesecloth and the threaded ring only. Let sit for 1-3 days, checking each day for consistency and flavor. Refrigerate when it is ready.

Horseradish Mustard :)

I like to mix both yellow and brown mustard seeds together as a base, but you can stick with just the yellow seeds if you like your mustard a little more mild than hot.

6 tablespoons **organic yellow mustard seeds**

2 tablespoons **organic brown mustard seeds**

1/3 cup water

2/3 cup organic apple cider vinegar

1.5 teaspoons **fine sea salt**

Grated horseradish to taste - I like a lot.

Directions

Combine mustard seeds, 1/3 cup water, and vinegar in a bowl and stir well to completely submerge the seeds. Cover and allow to soak at room temperature for 3 days. I like to swirl the bowl around a little each day to see the transformation. After 3 days, pour the mixture into a blender, add salt and horseradish, and blend until smooth. Store in a sealed jar and refrigerate. I recommend using a plastic lid or using some kind of barrier to keep the vinegar from corroding the metal.



For variations, follow these tips:

- Add 1 tsp to 1 tbsp of aromatic seeds during the soaking process.
- Dried fruit can be added during the soaking process.
- Add dried herbs, seasoning powders, or fresh fruit just before blending.

See more at: <http://mountainroseblog.com/easy-homemade-mustard/#sthash.q4OgGJU9.dpuf>

Ketchup

I have been struggling to find a ketchup recipe I like. Below are the next up to experiment with (I have already tried a few recipes that I did not like, but these look hopeful):

Ingredients:

- **1 (15 oz.) BPA-free can of organic, fire-roasted, no salt added diced tomatoes OR go with jarred, (plain) diced tomatoes without added ingredients (Jovial, Eden Foods and Bionature are all organic brands to try). Or, you can use your own tomatoes and fire-roast in the oven before pureeing** **The oven roasts adds the best flavor, though regular diced tomatoes will work**
- **1 tsp. raw apple cider vinegar** (great ingredient for your health and kitchen!)
- **1/8 tsp. pink sea salt** (raw, unprocessed, mineral-rich salt)
- **Sweetening Option of Choice:** 1 soaked dried date or dried fig Or honey?
- **1/8 tsp. paprika**
- **optional:** dash of black pepper or even garlic powder if you're brave

Directions:

1. First, drain your tomatoes. Since they are high in water, you don't want soupy ketchup; draining will help keep your ketchup thick once it's blended. (Don't use tomato sauce since it will make your ketchup too thin.)
2. Add all the ingredients to a small food processor or a blender made for small jobs (like the Nutribullet or Magic Bullet), or add it to your **high speed blender** and blend until completely smooth.
3. Store in a glass mason jar for one week in the fridge. Try to choose a half pint size jar since the less empty space at the top of the jar, the longer it will keep. Please, do not use plastic containers since they'll not just stain, but your ketchup can also soak up chemicals from the plastic during storage.



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Ketchup

- 6 oz. organic tomato paste
- ¼ cup organic honey
- 1 tsp. fresh lemon juice (a squeeze)
- ¼ cup water (you can add more if you want it runnier)
- ¾ tsp. Himalayan salt
- ¼ tsp. onion powder
- 1/8 tsp. garlic powder

Procedure:

Whisk the ingredients together and add to a small saucepan over medium heat.

Reduce heat to a simmer and cook for 20 minutes, stirring often. Let cool.

Store in a glass container or jar. Remember that this ketchup doesn't contain preservatives so it won't keep as long. It will keep for up to two weeks in the fridge.

HOMEMADE KETCHUP from E.J.

