



CONSUMER

WASHINGTON STATE UNIVERSITY  EXTENSION

# food safety

## WSU Extension - Guidelines for Fermentation Beyond Pickles

***Currently, there are not enough researched/tested recipes available to safely recommend fermentation beyond pickles and sauerkraut. Until more information becomes available, only use the approved resources found on the bottom of this page, along with recipes for pickles and sauerkraut found in WSU Extension Publications, the USDA Canning Guide, or So Easy to Preserve.***

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### ***Fermentation Basics (for educational purposes only):***

1. The level of acidity is important to safety, as well as taste and texture.
  - Do not alter vinegar, food, or water proportions
  - Do not use a vinegar with unknown acidity.
  - Use only researched recipes with tested proportions of ingredients, such as those mentioned above or at the bottom of this page.
  - There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.
2. Use fresh, firm fruits or vegetables, free of spoilage.
3. Measure or weigh amounts carefully.
  - The proportion of fresh food to other ingredients affects flavor and safety.
4. Use canning or pickling salt.
  - Non-caking material added to other salts may make the brine cloudy.
  - Flake salt varies in density. It is not recommended for making pickled and fermented foods.
5. Do not use corn syrup or honey, unless called for in researched and tested recipes.
  - Alternative sweeteners may produce undesirable flavors. Use white granulated and brown sugars.
6. Use white distilled and cider vinegars of 5 percent acidity.
  - White vinegar is usually preferred when light color is desirable (e.g. fruits and cauliflower).

### **Some approved recipes:**

- Pickling Vegetables (PNW 355)
- Yogurt (NCHFP): <http://bit.ly/1kPImw>
- Sauerkraut (NCHFP): <http://bit.ly/24Hndr3>