

Homestead Wife Life • Fermented Flavor Bombs

Fermented Garlic Paste

Batch size: ~1½ cups

- Strain the fermented garlic cloves and reserve a little brine.
- Puree with a splash of olive oil until silky.
- Optional add-ins: roasted garlic, lemon zest, or smoked salt for depth.
- Store in a clean jar topped with oil.

Use ideas: Garlic bread butter, pan sauces, mayo, marinades, soup base.

Fermented Ginger & Turmeric Paste

Batch size: ~1½ cups

- Blend drained fermented ginger and turmeric with oil.
- Optional add-ins: honey, lime zest, or black pepper for balance.
- Store under oil in a clean jar.

Use ideas: Marinades, curries, stir-fry base, salad dressing.

Fermented Lemon Paste (Sliced Lemon Version)

Batch size: ~1¼ cups

- Blend fermented lemon slices with brine until smooth.
- Drizzle in olive oil until velvety; balance with honey if sharp.
- Optional: add roasted garlic or chili flakes.
- Store under oil in a clean jar.

Use ideas: Roast chicken, seafood, couscous, yogurt dip, vinaigrettes.

Italian Pepper Conserva

Batch size: ~2 cups

- Blend fermented peppers with roasted red peppers and sun-dried tomatoes.
- Optional: garlic, oregano, vinegar, and Parmesan for a rich flavor.
- Store under oil in a clean jar.

Use ideas: Pasta sauce, pizza spread, bruschetta, sandwiches, marinades.

To Finish & Store

- Taste and adjust seasoning before jarring.

- Always top with oil to prevent air exposure.
- Label and refrigerate; lasts several months or freeze for longer storage.

Quick Finish Tricks

- Compound butters: 2 Tbsp paste + 8 Tbsp butter.
- Speed vinaigrette: 1 tsp paste + mustard + vinegar + oil.
- Pan sauce: whisk paste into deglazed pan with broth.
- Soup rescue: stir in 1 tsp paste for flavor depth.