

HWL FERMENTED FLAVOR BOMBS — PART 1 : THE SETUP

Garlic • Ginger + Turmeric • Peppers • Lemons

Today we're prepping, salting, and packing the flavor bases — the foundation of HWL's gourmet fermented pastes. These are not sauces. They're spoonable, concentrated flavor meant to build meals from the ground up.

■ GENERAL FERMENT GUIDELINES

- Use clean jars, pickle pipe fermenting lids, and fermenting weights.
- Keep jars at 65–75 °F (18–24 °C).
- Weigh ingredients after prepping (peeled, chopped, or sliced).
- Add 2.5 % salt by weight — 25 g salt per 1 kg food, or roughly 2½ tsp per pound.
- Pack firmly until brine rises and all solids are submerged.
- Place jars on a tray to catch overflow.
- Check daily — swirl gently if needed to keep everything coated.
- When the sharp bite fades and aromas turn mellow and tangy, they're ready for blending in Part 2.

■ FERMENTED GARLIC BASE

Prep: Peel cloves. Lightly crush each with the flat of a knife; halve large ones.

Salt: Toss with 2.5 % salt.

Pack: Press into jar until liquid forms. Add fermenting weight and lid.

Ferment: 5–7 days.

Ready When: Cloves turn creamy in color, smell mellow and sweet-savory.

■ FERMENTED GINGER + TURMERIC BASE

Ratio: 80 % ginger : 20 % turmeric.

Prep: Scrub or peel roots; chop into ½-inch (1 cm) pieces.

Salt & Pack: Add 2.5 % salt, mix well, press into jar.

Ferment: 5–7 days.

Ready When: Bubbly, lightly tangy, floral aroma replaces raw sharpness.

■■ FERMENTED PEPPER BASE (SWEET + HOT)

Prep: Remove stems; rough-chop peppers (remove seeds for less heat).

Salt & Pack: Use 2.5–3 % salt (25–30 g per kg / 2½–3 tsp per lb). Press to draw brine.

Ferment: 3–5 days.

Ready When: Smells fruity and tangy, not raw; color deepens.

■ FERMENTED LEMON BASE

Prep: Wash well. Slice thinly (■ in / 3 mm), remove seeds.

Salt & Pack: Toss with 2.5 % salt. Pack firmly; press to release juice. Add fresh lemon juice if needed to cover slices.

Ferment: 7–10 days.

Ready When: Rinds are soft and translucent, aroma bright and savory.

■ NEXT STEP

When each jar smells mellow, fruity, and balanced, move to Part 2 — blending, finishing with olive oil, and adding herbs. We'll transform them into true HWL Flavor Bombs next time.