

HONEY FERMENTATION RECIPE

1 cup fruits (or vegetable, or grains)
1 cup raw honey, or enough to cover

Fill your sterilized mason jar with fruit or veg, so it is $\frac{3}{4}$ full. Pour over 1 cup of honey to cover the product entirely. Do not fill the jar to the top; give the honey headspace

Cover with a lid and place in a cool dark place at room temperature. You will need to burp daily during the first two weeks of fermentation. To “burb”, loosen the lid on the jar so the gases can escape and re tighten.

Flip the jar once a day upside down to ensure its covered with honey. Before flipping, ensure you've fastened the lid tightly. Once you flip it back, loosen it once more for gasses to escape while fermenting.

After 3 days, bubbles will appear on top of the honey, and burping will gradually slow down. After the first few weeks, you will notice the produce now sinks below the honey and is darker in color. The need to stir or turn the jar is over

Once the honey has achieved its desired level of fermentation, store it securely in an airtight jar. Place the jar in a dark and cool place with no direct sunlight. Over time, the fermentation process will make the honey more liquid and darker, with some reduction in size among the product.

Note about botulism.

Botulism is very rare in this type of ferment. Botulism spores can't reproduce with a pH of less than 4.6. Honey is usually around 3.9, but that can vary between brands. Cranberries are also highly acidic.

If the pH is too high, add 1 teaspoon of raw apple cider vinegar and retest. This is generally not needed

Raw honey is acidic, and while it can carry botulism, the level of acidity stops them from reproducing, which is what causes botulism.