

# Fermented Cranberry

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## Fermented cranberries

*Time: prep 20 min. Wait: from 1 week*      [Download PDF](#)

- Cranberries – 1 pound
  - Zest from 1 large orange
  - Ginger root – 2 inch
  - Honey raw – 3 Tbsp
  - Sea salt – ½ tsp
  - Cloves, whole – 5
  - Cinnamon, stick – 1
  - Cinnamon, powder – ½ tsp
  - Unchlorinated water
1. Burst the cranberries so most of them remain whole with their skins popped, and pour them in the glass jar.
  2. Grate the ginger
  3. Mix zest, ginger, cinnamon powder, salt and cloves and pour the honey in the mix.
  4. Break the cinnamon stick in two-three parts and put them in the cranberries.
  5. Pour the mix in the jar and fill the jar with water up to an inch under the rim.
  6. Cover with a lid and shake the jar vigorously to mix the ingredients.
  7. Unscrew the lid and press the mix down with a wooden spoon to submerge the berries. Cover with lid turned over.
  8. Place the jar away from direct sunlight in a dish to catch spillover.
  9. Observe for appearance of the air bubbles signifying fermentation. Start tasting in about a week.
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