

# VIKRAUT & VIKIMCHI: THE "CULTURAL" REVOLUTION AMONG THE LITTLE PEOPLE

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The author does not warrant and shall have no liability for information provided in this article. Each individual may react differently to a particular suggested use. PERSONS WITH A HISTORY OF ALLERGIES, CHRONIC FATIGUE, MIGRAINES, LOWER BACK ACHES and other symptoms of acidity, should express care in the use of fermented, acid and or spicy food. It is recommended that before you begin to use any formula, you read the directions carefully and test it first. Should you have any health care-related questions or concerns, please call or see your physician or other health care provider?

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### MY CHILDHOOD KRAUT INTRODUCTION

In Lithuania, my country of birth, fermented foods, ranging from mushrooms and pickles to cabbage, added delight to the bland evening meal. Although we were a farming family, in our home there was a special room of ferments grown in 30-gallon and other size wooden barrels with a yearly brewing of beer and wine. Also, in the kitchen, we had the "Grybas," or Manchurian Mushroom tea. My grandmother was the caretaker of all these magic potions. My parents poetically called the delight "Raugytas Zardo Gydemas," or "The Fermented Garden Healers." They added every kind of hard vegetable into their wooden fermentation barrel. It was the Lithuanian version of kimchi. I was told there were always onions, scallions, garlic, horseradish, a variety of spicy red radishes, cauliflower, broccoli, beets, carrots, black pepper, and other spices.

When I came to America after graduating college, I joined Ann Wigmore's Rising Sun Christianity community (the predecessor to Hippocrates Health Institute, which I co-founded)

and spent much time in the kitchen creating foods for the guests. I noticed how much better the coleslaw tasted if it sat around in refrigerator for a few days. The same was noted with the leftover nut dressings; flavor improved and they were easier to digest. I rediscovered my family fermentation past. I worked for years to improve it by sanitation and by proper preparation. I was able to get my krauts ready in 3 days. I can now qualify for the Guinness Book of World Records for creating the fastest saltless kraut, ready to eat in one day! Why is speed important?

### **VIKRAUT IS SUPERIOR IN TASTE AND SAFETY**

High concentrations of salt when fermenting has been used by most traditions to reduce the likelihood of mold, spoilage, and rotting. The traditional kraut and kimchi is heavily salted and fermented 7 to 14 days. I discovered the way to stop spoilage, by creating a truly “fast food” in 24 hours, and without the need for salt to stop the spoilage. Here is how:

Have the cabbage finely shredded with the help of a juicer or food processor. This increases the food surface availability to microbes. They multiply extremely rapidly; one acidophilus bacterium becomes trillions bacteria in 24 hours if there is an adequate fast food supply. With the fine pulverizing of the cabbage, we pre-chew the food and make bacteria eating more rapid. Use a starter culture. We increase the amount of friendly lactobacillus bacteria, far beyond what is in the air, water and the cabbage. So, you will be starting with several billion bacteria instead of the few airborne and or those that are found on the cabbage. Hence, the cabbage will be eaten up in 24 hours instead of the seven-plus days. Having a quick high acidity and one-day fermentation removes any possibility of spoilage from mold, yeast, and putrefactive microbes. I have tried many different starter bacteria cultures and found the best and tastiest results with a product I developed with Dr. Khem Shahani, called Spectrabiatic. For every quart of kraut mix, add the powder from two capsules. Mix into the batch.

Prevent the cabbage from coming in contact with air. Have the kraut mix pressed down, covered with clean green leaves, with a porcelain or glass plate on top. Pressing all down, so liquid flows to top, without any of the kraut mixture floating above the green leaves. Then add a large jar filled with water, so it weights the plate down. Cover all this with a plastic bag.

Place the container in a warm place, between 75 and 85 degrees Fahrenheit (24 to 30 degrees Celsius) in your kitchen on top of the refrigerator toward the back where the hot air from compressor collects. The temperature increases the rate of enzyme action of bacterial digestion and bacteria multiplication. For every degree increase, the enzyme activity increases by at least 30%. Hence, more bacteria are created and they eat faster.

[Accelerate and improve the DNA with prebiotic solids. \(More on that below.\)](#)

### **BACTERIA MULTIPLICATION BY DOUBLING EVERY 30 MINUTES**

Bacteria doubles every 20 to 60 minutes. Hence, after one hour, you will have one bacteria split into two. After another hour, you will have at least four (doublings), after another hour you will have at least eight and so forth. In theory, after 24 hours you will have at least 24 doublings.

With the average bacteria (and based on temperature) in reality you will have up to 40 doublings. Hence one bacteria in 24 hours can become as many as two trillion.

From the two capsules, you will get two trillion times the bacteria count originally in the two capsules. That is a miracle of nature. The market value, if you could only encapsulate them into 100 capsule bottles, would be 160,000 bottles at a value of \$30 per bottle — worth approximately \$50 million dollars. Money can grow in bottles, as well as on fruit/nut trees!

Each Spectrabiatic capsule has at least one billion bacteria. That is, after 24 hours you would have as many as four billion trillion friendly bacteria mixed in a single quart size jar. That is how many trillions of times the global population? And they have no wars, and create peace in your GI tract.

### **PRE-BIOTICS EFFECT ON DOUBLING AND DNA**

You can greatly accelerate the probiotic doubling by packing an initial lunch basket for the buggers: a Spectrabiatic “pre-biotic” doggie bag of blue-green algae, Jerusalem artichoke, and an acerola and rose hips blend, which promote the growth of friendly bacteria. Doctor Bob Kay at the University of Connecticut showed that blue-green algae doubles the rate of probiotic growth.

You can also create a eugenic effect (improve the quality of the genetic make up of bacteria as

well as of all life forms, or the realization of the maximum potential of a DNA), by adding bioactive readily available sea minerals. The best choice is Himalayan sea salt and/or Celtic sea salt. Dr Hagivara, the barley grass pioneer, stated "minerals are the enzymes for the enzymes, they give acceleration and longevity." Dr. Maynard Murry did an incredible amount of research into ocean solids and wrote the book *Sea Energy Agriculture*. Dr. Murray was able to create a eugenic effect in growing plants by using diluted seawater solids. To improve the probiotic action in kraut, add one teaspoon of sea salt per gallon of kraut. This is using sea solids as a food for the probiotics, not as a preservative.

## **HOW TO ORDER THE SPECTRABIOTICS**

To get wholesale pricing, call **CellTech at 1-800-800-1300** or visit [www.simplexityhealth.com/katharineclark](http://www.simplexityhealth.com/katharineclark) and

request to become a preferred customer (or a business builder distributor), all free. Your sponsor ID is 1061041 (HealthWorks) They will ship it priority to your home. You might also consider their other excellent products: Essentials, APA Blend, Omega Gold, and SBGZymes Plus, the key ingredients to my "Viktoras Youthing System." Drop me an email at [Viktoras4u@gmail.com](mailto:Viktoras4u@gmail.com), for my youthing program.

## **HOW TO GET STARTED IN FERMENTATION**

I suggest first, do a batch or two of fermented plain cabbage. It is simple, though the first time can be tricky depending on your home environment. I know you will get superior results if you use the Spectrabiotic starter culture.

After success with plain kraut, try to add into the cabbage ferment, sliced carrot, small peeled sliced beet, some cauliflower and broccoli, one teaspoon of finely sliced or shredded or chopped ginger and garlic, one or more sliced hot pepper, a few tablespoons of horseradish, and some pickling spices. You're on your way to kimchi!

## **SOME IMPORTANT BACKGROUND FOR SUCCESSFUL FERMENTATION**

### **FERMENTATION CONTAINERS**

Traditionally, a stoneware crock with a seal is used. The lid is created with a piece of wet linen cloth and a circular board lid and a heavy stone. Others have used a wooden barrel with a wooden lid and a stone weight. The wooden lid cover was made just small enough to fit inside the container so that it rests directly on the cabbage.

However, this arrangement is not fully airtight and can lead to spoiled sauerkraut unless the surface of the brine is skimmed daily to remove molds and other aerobic contaminants that grow on the surface where kraut ingredients have contact with air.

An alternative that avoids this problem is a type of glass or ceramic jar (made especially for home sauerkraut production) that has a trough around its lid. When this trough is filled with water the result is an airtight seal. Cost for a 1,5 gallon unit is over \$100. Glass canning jars with clamped threadless lids can also be used. Whatever kind of container is used, it must allow the escape of fermentation gasses.

### **VIKTORAS'S LOW COST CONTAINERS**

I purchased at a department store (try also, Hobby Lobby, kitchen supply stores, etc.), a heavy glass container, which has a small lip around the rim. I located a plate that snugly fit inside the jar. Try to get at a one- to three-gallon container. I paid \$7 for my three-gallon. I have also used wide mouth quart size canning jars, placing a glass jar of water on top of the green cabbage leaves. I have also obtained for free, one-gallon wide-mouth pickling jars from restaurants and proceeded as above.

### **CULTURE STARTERS**

Traditionally, no special culture of lactobacillus was used because lactobacillus is already present on raw cabbage and in the air. Probiotics may be added to speed up the fermentation process.

Probiotics are the friendly bacteria found in sauerkraut, probiotic supplements, or miso.

Spectrabiotic contains eight strains of very compatible, synergistically active friendly bacteria. It is a proprietary formula, and it has at least one billion friendly bacteria per capsule.

### **FERMENTATION VS. SPOILAGE**

For preparation at home, the USDA recommends a greater amount of unrefined salt than is traditional, making the sauerkraut unpalatably salty unless rinsed before eating. Such rinsing removes much of the nutrient content and flavor. **When traditional amounts of salt are used,**

**temperature control is critical, because spoilage leading to potential food poisoning can occur if the fermentation temperature is too high.** Yeasts may be present, which causes soft sauerkraut of poor flavor when the fermentation temperature is too high. Yeast does not develop when there is a high enough probiotic count.

To be safe, do not eat any sauerkraut that has a foul smell instead of lemony smell, a slimy or excessively soft texture, or a discoloration or off-flavor, any of which can indicate spoilage. This will never happen in a 24-hour ferment when you use the Spectrobiotics.

Once made, sauerkraut is a very safe food, because its high acidity prevents spoilage.

There never has been a recorded 911 call for a kimchi poisoning. Though, over 100,000 people die yearly in hospitals due to pathogenic infections. I feel if they ate their daily kimchi and or kraut these tragedies could have been prevented.

### **HOW MUCH KRAUT CAN ONE EAT**

Raw sauerkraut is an extremely healthy food. It is an excellent source of enzymes, vitamin Bcomplex, vitamins B-12, K, and C, therapeutic nutraceuticals, and phytonutrients (higher than rejuvilac and yogurt).

The overabundance of lactobacilli and all the dozens of friendly bacteria can easily upset the stomach of people who are not used to eating raw sauerkraut and/or raw food. Hence, introduce the kraut in a small volume, like a teaspoon, and/or test it with kinesiology (muscle testing) to establish body readiness. Of course, follow good food combining.

With my meals over the years, I have increased my kimchi and/or cabbage to \* cup and quite often more, sometimes twice a day. In my community, such foods are standard at every meal. Hippocrates Health Institute ([www.hippocratesinst.org](http://www.hippocratesinst.org)) has made it part of their daily nutritional program, under my and Dr. Ann Wigmore's initial pioneer discoveries over 40 years ago.

### **KRAUT/KIMCHI & FOOD COMBINING**

Traditionally in the East, kimchi was served with white rice and a dash of soy sauce, and in the West, kraut was served with potatoes and meat. The benefit of ferments in the meals are endless. See [www.upwardquest.com/probiotics-benefits.html](http://www.upwardquest.com/probiotics-benefits.html)

[www.mercola.com/2004/sep/29/probiotics\\_benefits.htm](http://www.mercola.com/2004/sep/29/probiotics_benefits.htm)

However, a more optimal digestive strategy is desirable to minimize pancreatic debilitation. All sour/acid foods combine very poorly with all starches (starches require an alkaline surrounding for the enzymes to work properly). The result is further souring of the starch, gas, and reduced energy.

See [www.peter-thomson.co.uk/foodc/why\\_science\\_supports\\_food\\_combining\\_.html](http://www.peter-thomson.co.uk/foodc/why_science_supports_food_combining_.html)

Kraut and kimchi are best served with non-starchy vegetable dishes, raw oil/avocado and/or seed based protein, and/or animal protein. (See [www.vegan.org](http://www.vegan.org) for reasons why to avoid killed dead food). Never eat fermented foods with grains (cooked or sprouted), white potatoes, bread, or pasta. Folks who already have a pre-existent acid condition with symptoms like fatigue, headaches, migraine, sciatica pain, general aches, or lower back pain, would do well to be very careful in ingesting these acidic foods. Instead, they would be wise to go on an intense enzyme supplementation program with a mild herbal laxative at bedtime, with an increased intake of water and blended fresh salad greens and or vegetable juices.

### **SAUERKRAUT PRODUCTION:**

Select the freshest heaviest head of cabbage. Remove the spoiled or dirty leaves. Then peel off a few leaves, which you set aside to be used as a cover for the kraut mix. Cut the head of cabbage into approximately one-inch thick slices (like bread). Then cut each cabbage slice into one-inch slivers. Break them up and toss into a salad bowl. An average head of cabbage will give you three pounds.

Place the chopped cabbage into a food processor. (I use the Quasinart three-quart capacity which handles 1.5 pounds of cabbage) and add about 1 cup of water to initiate chopping. To speed the process along, I use the VitaMix plunder (or a large carrot) to push the cabbage into the blade. Let it run about a minute, until finely chopped. Transfer chopped cabbage into a bowl. Repeat until all cabbage is chopped.

### **ALTERNATIVE — USING A JUICER:**

Take the one-inch cabbage pieces and push into a Champion, K&K, or Norwalk juicer using the blank instead of the juicing screen. Push down the one-inch square cabbage pile just like you would a carrot. Juice all. Mix the pulp and juice for the kraut mix.

## THE STARTER CULTURE

For every quart of kraut (or kimchi) add to 1/2 cup of water, the powder from 2 capsules of CellTech Spectrabiotic and mix. This jump starts the fermentation and creates the most flavorful kraut in a matter of 24 hrs. (It is optional, you can let the airborne lactobacillus do its work; however, by adding a 1/2 tsp of bacteria, you will be assured of having a friendly bacteria mix, as well as accelerate the fermentation. I prefer Spectrabiotic, which is a blend of eight bacteria. You can also use some leftover sauerkraut from a previous batch as a starter culture.

## THE PROCEDURE

Fill jars (containers) to about one inch from the top with shredded cabbage. Cover the top with the outer leaves of the cabbage. Press down so that the shredded cabbage is below liquid. If need be, add a few ounces of water or cabbage juice. Add a glass jar filled with water on top of the leaves. Place the jars in a bowl (or a plate) to catch any liquid that may drip over the sides due to expansion. Cover all well with a towel or a plastic bag.

## 24-HOUR TEST AND REFRIGERATION

Let your cabbage sit at room temperature (the warmer it is, the quicker it will be ready). At about 75 degrees F, my batches are ready in 24 hours, but you can let it sit two to three days according to how sour you want it. At cooler temperatures and no starter, it can take 3 to 7 days. If a starter culture was not used, there might be a strong smell by the second day which is release of sulfur gas. Smell your batch daily and taste it - when it has a lemonish fragrance and a sweet-sour taste, it's time to be placed in the refrigerator.

On your next batch, you might experiment by adding any of:

one leaf of one-inch slices of wakame (sea vegetable)

little dulce

thinly sliced or finely shredded beets

thin sliced carrot

celery

beet or other root vegetable

into the food processor/juicer while grinding the cabbage.

## BEET KRAUT

You may also make a sweet beet kraut. Peel beets and juice them. Mix pulp and juice, then add it to a glass Mason jar. Fill within 2.5 inches of the jar top. Add a little water. After 24 hours, uncover and stir the beets. Do the same on the next day. It should be ready in three days.

## YOU ARE NOW READY FOR VIKIMCHI

### KIMCHI STORY

Kimchi, one of Korea's national dishes, has a more than 4,000-year history, with as many versions as there are cooks. This is a combination of many recipes, and while it may have an unorthodox touch it is a very tasty version of kimchi — one that would appeal to most people.

For more on Korean kimchi traditions, see

[www.asianinfo.org/asianinfo/korea/food.htm](http://www.asianinfo.org/asianinfo/korea/food.htm)

Some of the kimchi dishes are unfermented and seasoned with pasteurized tamari or fermented soy. The store-bought, bottled kimchi or fermented vegetables are either pasteurized or unfermented. I see in health food stores, products labeled as fermented vegetables or sauerkraut, at \$8 per small jar. When opened, it has none of the ferment magic, outside of the taste of the lactic acid preservative. The label ingredients will say: cabbage, lactic acid — certainly not a health product rich in friendly bacteria and enzymes.

You can make kimchi by fermenting any **hard** vegetable you like and adding the desired spices such as ginger, hot pepper, garlic, and onion.

Many of the Oriental kimchi recipes use burdock root (called "gobo" in Japan), that adds a bitter taste as well as therapeutic benefits such as accelerated lymphatic drainage, stimulated glandular flows, detoxification of the blood, and stimulating the organs of elimination. Burdock is associated with stamina, longevity when combined with ginseng root, and it improves sexual vitality.

### CRISPY VEGGIES? SOAK IN BRINE

If you wish your fermented vegetables to be soft but crispy, then pre-soak them in brine. Brine is made by mixing four cups of water with three tablespoons of unrefined sea salt. Place all the veggies in a steel or glass container. and cover them with brine. Make more brine as needed.

Use a plate with weight to keep all the vegetables submerged until they have the desired texture — a few hours to overnight. I generally save the soak brine water since it is a tincture of all the spice and vegetable essences as well as the sea salt. I refrigerate it and use it as a seasoning agent as alternative to Braggs or tamari. The brine can be reused for the next kimchi preparation.

## **VIKIMCHI**

Making your own kimchi is a FUNdamental and can be an easy group social project.

### **1. Ingredients:**

(Use whatever organic ingredients you have available.)

Spectrabioc starter bacteria

2 medium heads of green cabbage

1 small red cabbage

1 small peeled beet

2 hard red delicious apples

2 cups of cherry green tomatoes or tomatillos

1 small head of cauliflower

2 cups of broccoli

1 small jicama

1 daikon radish

3 chopped celery stalks

1 small burdock root

1 medium turnip

a few Jerusalem artichokes

2 carrots

a few small red radishes

1 small fresh peeled horseradish root (or a tablespoon of jarred horseradish)

3 tablespoons (or more!) fresh grated or finely chopped ginger

3 cloves finely chopped or thinly sliced garlic (to taste)

3 hot red chilies (or more), depending on how peppery-hot you like food.

### **2. Add vegetables to brine and soak.**

Chop and slice peeled jicama, daikon, burdock, ginseng, turnip, Jerusalem artichokes, onion, and carrots. If the roots are fresh and organic, leave the nutritious skins on. Slice the roots thin so they are easier to chew and the flavor is strongest. For variety and texture, do any or all of the following:

slice roots on a diagonal

cut them into matchstick

use a potato peeler for extra thinness.

The small red radishes and green or unripened cherry tomatoes may be left whole. Add the hard-surfaced vegetables, cauliflower, broccoli, celery, red and green peppers, and hot peppers or chilies, sliced into small cubes. Soak for at least 4 hours.

### **3. Prepare the spices.**

Grate the ginger and horseradish; chop the garlic and onion, remove the seeds from the chilies and chop or crush, or throw them in whole. Place all in sprouting bag or mesh paint strainer bag (purchased from paint or hardware supply stores) and soak the bag in the brine during the last hour. Kimchi can absorb a lot of spice. Experiment with quantities and don't worry too much about them. Mix the spices into a paste, adding grated horseradish.

### **4. Drain brine off vegetables.**

Refrigerate the brine for other uses.

### **5. Prepare the vikraut.**

See above instructions for kraut. Prepare the red and green cabbage, with peeled beet in food processor or juicer.

### **6. Mix all ingredienTs and stuff into containers.**

In a large stainless steel bowl, mix the cabbage, beets, all the other vegetables, and spices thoroughly with the Spectrabioc and stuff it into clean quart jars (or any of the larger containers described earlier). Pack it tightly into each container. Cover the kimchi mix with green cabbage leaves, pressing down until liquid rises. If necessary, add a little water or diluted vegetablesoaking

brine to submerge the vegetables. Weight the vegetables down with a smaller jar, or with a zip-lock bag filled with some water.

**7. Cover the jars and place in a warm spot.**

Cover the jar(s) with a towel or plastic bag to keep out dust and flies. Ferment in your kitchen or other warm place, like on top of the refrigerator where the heat from the compressor rises. After 24 hours, taste the kimchi. If you have used Spectrabiotic, the kimchi should be ready to refrigerate. It will have lemonish fragrance with sour sweet spicy energizing zingy taste. If you wish to make it stronger, then each day use clean hands to push the vegetables back under the liquid. When it tastes ripe, move it to the refrigerator.

**STORAGE**

In cold weather kimchi does not require refrigeration, but when the weather is warm, store kimchi in the refrigerator for up to 3 weeks. If some vegetables are sitting above the ferment juice, it is possible to develop topical mold. To prevent this, especially where longer storage is involved, keep all the vegies below the liquid.