



Demonstration Kitchen  
3<sup>rd</sup> & 4<sup>th</sup> October 2020

**12pm Cris Cohen of Feasted & Emma Cronin of Wild Pickle**

*Ingredients list:*

***Lactofermented potatoes***

*350g of potatoes cut in anyway you like. I prefer to leave the skin on.*

*1 tsp of any herbs and spices you may enjoy like herb provencale*

*3 garlic cloves*

*1 bay leaf*