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### Fermented Green Papaya/Atchara

Also known as Atchara this ferment is to the Phillipines as sauerkraut is to the Germans and Kimchi to the Koreans. This traditional fermented food provides a whole host of health benefits including improved digestion of proteins, immune strengthening and high levels of vitamins, minerals and antioxidants.

Eminent researcher, Professor Luc Montagnier, co-discoverer of the HIV virus and President of the World Foundation for AIDS Research & Prevention, has taken a particular interest in the medicinal properties of papaya. Like other scientists worldwide, Montagniers research has mainly focused on fermented papaya known as FPP (fermented papaya preparation) rather than fresh papaya fruit.

Please Note: When eaten in large quantities green papaya has been used traditionally to induce miscarriage. Not recommended for pregnant women to eat in large quantities.

#### Ingredients:

1-3 hot red chilli diced fine (adjust number and hotness of chillies to taste)  
700g grated green papaya  
2 teaspoons finely grated fresh ginger  
1 brown onion finely sliced  
2 teaspoons lime juice  
Large handful chopped coriander  
1 level tablespoon fine sea salt/pink Himalayan salt

Optional additions - grated carrot, red peppers, garlic, raisins, pineapple, red pepper flakes, black pepper.

Place all ingredients in bowl. Massage with hands until juices run free when squeezed firmly in fist. Press into 1 litre air tight jar firmly until liquid is covering top of fruit. Place a weight and/or Viscodisc (or fermenting hold 'em down for larger jars) on top to keep vegetables submerged

Ferment for 1 – 3 weeks and refrigerate when ready (the longer it ferments the more vinegery the flavour).

