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## Fermented Yam Bean (Jicama) Recipes

Jicama (also called yam bean) is a type of bulbous root vegetable that many people describe as being a cross between an apple and a turnip. Originating from Mexico it is low in calories, high in nutrients and has a very low glycemic index. Jicama's fiber contains a beneficial type of prebiotic fructan carbohydrate called oligofructose inulin which acts like a prebiotic once it reaches the intestines i.e. it promotes "good" bacteria growth that maintains both a healthy colon and balanced immunity. Apart from the many health benefits, fermented jicama is one of my new favourites.

### Yam Bean Kimchi

1 huge peeled Yam Bean root – thinly sliced  
1/4 cup Gochujang (Korean paste)  
2 T shredded ginger  
1 T chopped garlic  
2 T lime juice  
2 T Nuoc Cham (Vietnamese dipping sauce)  
4 scallions – chopped

Weigh ingredients and add 2% salt (Sea salt or pink Himalayan salt) – mix through thoroughly and give a bit of a massage. Push into jar making sure there are no air pockets and top off with a little 2% brine if necessary

### Jicama with Jalapeno, Lime and Cayenne

1 Jicama, sliced into thin strips  
1 Jalapeno, diced  
1-2 Limes, juiced  
1/2 Tsp. Cayenne Pepper  
1 Pinch Fennel Seed

Weigh ingredients and add 2% salt (Sea salt or pink Himalayan salt) – mix through thoroughly and give a bit of a massage. Push into jar making sure there are no air pockets and top off with a little 2% brine if necessary.

