

# PROGRAM

FERMENTISTA FESTIVAL  
2022, FOLIUM, ZÜRICH



SOIL  
TO  
SOUL

\* ENGLISH  
BUY TICKETS

KEYNOTE  
PANELDISKUSSION  
GOURMET-EVENT  
SCREENING  
MASTERCLASS  
TALK  
FERMENTISTA MARKET  
TASTING

## TH 15. SEPTEMBER

14:30 - 15:30 Jeong Kwan Seunim It's all about the tradition of fermenting, which is over a thousand years old.

## FR 16. SEPTEMBER

10:00 - 20:00 Fermentista Market

13:00 - 14:00 \* Doburoku: Japan's sake rebellion  
Doburoku, as the origin of sake making in its wildest and liveliest form.

15:30 - 16:30 Cocoa and fermentation: How it works  
Die Fermentation von Kakao für den Geschmack der Schokolade.

18:00 - 21:00 Seasoning with Koji  
The magic of the super mushroom. What the koji mushroom has to offer.

19:00 - 20:00 \* Black garlic: The health umami gem  
About the secrets of black garlic and its gourmet potential.

20:00 - 23:30 Jeong Kwan Seunim   
The Seon nun shows the natural and harmonious monastery cuisine.

20:30 - 22:00 \* Chef's Table episode with Jeong Kwan Seunim  
Jeong Kwan Seunim tells her story and explains why cooking is a spiritual practice for her.

## SA 17. SEPTEMBER

10:00 - 20:00 Fermentista Market

9:30 - 10:30 Fermenting for the family feat. Suur   
Secrets and tips for fermentation in everyday life.

10:00 - 11:00 Fermentation Backstage  
Secrets and tips for fermentation in everyday life.

11:00 - 11:30 Kimchi homemade  
Learn how to make Chinese cabbage kimchi easily at home.

11:00 - 12:00 Fermenting for the family feat. Suur   
Secrets and tips for fermentation in everyday life.

12:00 - 14:00 Fermentista-Lunch   
A journey through the world of fermentation.

13:00 - 16:00 1001 Sauerkraut   
A sauerkraut workshop with cooking ideas.

13:30 - 14:30 Discovered: Thailand's fermentation culture  
How to combine flavours and improve digestibility through fermentation.

15:00 - 15:30 Kimchi homemade  
Learn how to make Chinese cabbage kimchi easily at home.

15:00 - 16:00 \* Sake: The importance of Japan's national drink  
The knowledge of the production and countless variations of sake.

16:30 - 17:00 Kimchi homemade  
Learn how to make Chinese cabbage kimchi easily at home.

16:30 - 17:30 \* Sandor Katz   
Fermentation is not a Mystery

18:00 - 19:00 Fermenting for today's markets  
The journey into the secret world of miso and the reference to Swiss production.

18:30 - 23:30 \* Table of Salim: Organic Fermentation   
Farm to Table with a slightly longer journey, but all the more exciting food.

19:30 - 20:30 \* Fermented foods & their effects  
A journey to the human microbiome.



TICKETS