Life & Cooking

General things discovered or learned while cooking

- Microgreens
- Glühwein: recuded alcohol

Microgreens

Intro

My partner eats almost daily "microgreens" and pays about 4€ for a small tray. Which is basically buying a plastic container to carry it home and throw it away.

So I got some seeds to make "window greens".

Containers and growing kits

And went about to 3D printing a "Microgreen growing set".
It turned out to be not very convenient to clean.

After emptying large pickle jar, i got a slight illuminated thought, and tried it as a greenhouse.
It got repurposed and now is going strong for the 5th harvest.



How to grow them

1. Leave some seeds in the container in water overnight, covered
2. Drain the water (with a cheese cloth or how you feel it's more practical for yourself)
3. Spray the seeds twice per day and leave them in some light
4. After about 7-10 days you can eat your harvest
5. Judge the amount of harvest from the amount of seeds, and adjust to your need to avoid crowding. Repeat 1. with new amount of seeds.

Little improvements: soil

Some seeds seem to want to have a soil, so they do not create a "gel" or seem to stagnate in their germination process.

Planting them on coconut pellets keeps them moist without stagnating the growth.
They are easily to "place in islands" in the pickle jar and can be individually taken out when ready to eat.

Kokospellets 50 stuks

Merk: Aveve



Little improvements: Light

The summer passed, and light became scarcer.

So I found a 3D printable lamp (Ring Light - Tron Inspired) and used double sided tape (and cut to size) the following growing LED strip.

Glühwein: recuded alcohol

It's fairly easy to find recipes and suggestions.

The main idea, is that alcohol evaporates at 70°C.
To avoid this from happening, you can close it with a lid.
To motivate this from happening, you can remove the lid and keep it brewing a while above 70°C.

Recipe

In short; put everything together. Let it slowly come to heat.
Leave it to soak all the ingredients (the longer, the more flavors).
Serve at the temperature that is feeling comfortable or brings memories of fall or christmass.

Ingredients:

There was a promo on BOOP | Best of Our Planet | Pinot Nero | Bio 75 cl



Per 1 bottle - I added

- 1 cinnamon stick



- a few (3-5) black pepper corns



- 2 thick slices of an orange
- Squeezed the juice of the remaining orange into the brew
- A few cardamon seeds



- A few star anise



- While brewing, I added 1 table spoon of honey "to taste", to make the sharpness/sourness slightly softer

