

# Breath

## HOW TO FERMENT AT HOME

AUTHORS:

**Alberto Ambrosini, Daniele Fotia, Alice Monti, Vittoria Pagliaroni**

CO-AUTHORS:

**Polifactory** (Polifactory - Politecnico di Milano)

BREATH is a project publicly released and made available in open-source mode according to the Creative Common License (CC BY) and promoted by Distributed Design Platform with the related documentation.

**POLIFACTORY**  
POLITECNICO MILANO 1863



**Distributed  
Design**



Co-funded by the  
Creative Europe Programme  
of the European Union

# 1. Assembly and Use

**STEP 1:** Wash and cut fruits and vegetables you would like to ferment. Do not cut them into too small pieces in order to preserve the consistency of the original food also in the final product.

**STEP 2:** Weight the cut food and add salt, which has to be the 2% of the weight. You can use the salt dispenser you find in the folder *"salt dispenser"*. Mix the ingredients in a bowl.



**STEP 3:** Move the mixture inside a glass jar or terracotta jar. We suggest to use the mould model, as you can read in the instruction manual.

**STEP 4:** Place the silicone weight on top of the mixture. You can realize it following the instructions and the file named *"Parametric weight mould"*.



**STEP 5:** Close the jar using the main lid and fill the container with as much water as you can without exceeding the maximum capability.



**STEP 6:** Close the lid with the lid valve.



**STEP 7:** Set the date of the beginning of the fermentation process. Rotate the numbers on top of the valve to compose the number of the day.

**STEP 8:** Store Breath far from heat sources and with an optimal environmental temperature of 21°C. Fermentation process starts at lower or higher temperatures too, but this slows down or speeds up the necessary time to complete the process.



**STEP 9:** Wait around 10 days. During this period taste the food from time to time, until you get the perfect flavor.

**STEP 10:** Remove the fermented food from the jar and enjoy it! You can keep it in the fridge for some days.



## 2. Credits - BREATH

BREATH is a project publicly released and made available in open source mode according to the Creative Common License (CC-BY) and promoted by Distributed Design Platform with the related documentation.

BREATH is a project designed by Alberto Ambrosini, Daniele Fotia, Alice Monti, and Vittoria Pagliaroni with the collaboration of Polifactory within the Distributed Design Platform project co-funded by the Creative Europe Programme of the European Union.

## 3. Downloadable files

BREATH files can be download at [Polifactory](#)

## 4. Contact

Alberto Ambrosini, mail to [albertoambrosini23@mail.polimi.it](mailto:albertoambrosini23@mail.polimi.it)