



# THE HIDDEN COSMOS

A Fermented Oracle + Recipe Deck

"There are more microbial species on earth than stars in the galaxy"

--JAY T LENNON AND KENNETH J LOCEY

Inspired by the vast world of fermented foods, the history of fermentation, and the lessons we can learn by connecting with what we eat, The Hidden Cosmos is an oracle deck like no other. Included in the deck are 23 cards with stunning full-color illustrations.

For each card, the accompanying booklet includes an interpretation plus a recipe to make the food at home, perhaps as part of a reflective or meditative practice. In each case, the recipes and interpretations serve as guides at the beginning of a journey: In the Hidden Cosmos, you're encouraged to go exploring and create a fermentation journey that's all your own.

## Press + sales contact

AUTHOR AND ARTIST: JULIA SKINNER, PHD

Julia@root-kitchens.com

root-kitchens.com

Social: @bookishjulia / @rootkitchens

## Recipes include:

shio koji  
lobster lemon vinegar  
floral honey shrub  
cold-brewed cocoa  
hot sauce  
herbal soda  
lavender-infused turmeric  
and more

## EACH DECK INCLUDES:

- ✦ FULL COLOR ORACLE CARD DECK
- ✦ FULL COLOR BOOKLET WITH RECIPES, CARD MEANINGS, + FERMENTATION TIPS AND TRICKS
- ✦ STURDY KEEPSAKE BOX

JULIA@ROOT-KITCHENS.COM

@ROOTKITCHENS  
@BOOKISHJULIA

# SAMPLE CARD: LOBSTER LEMON VINEGAR



## Interpretation

Sometimes we're left with scraps that leave us feeling sour, but they turn out to be a critical building block to creating new things. This vinegar is made from 'waste', and while the flavor is tart, it can be used for everything from pickling to dressing to making a soup stock sing. What sour 'scraps' are you holding on to from your past, and how can they be repurposed to help you create and grow now?

## Recipe

Save the shells from cooked lobster, and pack them into a quart jar, placing half a lemon on top. Pour distilled vinegar over to cover. Allow to steep, refrigerated, for a month, removing the lemon half after two days. Strain vinegar and store in the fridge.

#HIDDENCOSMOSORACLE

@ROOTKITCHENS  
@BOOKISHJULIA



## SAMPLE CARD: SHIO KOJI

### Interpretation

Shio koji is easy to prepare, but it makes all the flavors around it shine with little effort. What small things can you do to support the well-being of others in your life?

### Recipe

Shio koji is just salt and koji and water. It has a savory complexity that belies its simple nature, and is absolutely transcendent as a marinade for meat and roasting vegetables.

Shio koji is great on its own, but there are endless other ingredients you can add, from citrus peels to fresh herbs to spices to hot peppers, to customize it as well (one of the best ones I've ever made was pine needle and lemon).

If you're using koji blocks, make sure to break them apart with your hands before mixing with water.

To make shio koji:

In a jar, combine equal parts koji and water, plus 12% salt. For a pint that would be 2 cups water, 2 cups koji, and 4 tbsp salt.

If you're adding other flavorings, these can make up 10-20% of the final product.

Stir or shake your shio koji daily.

Allow to ferment at room temperature for 1-2 weeks before putting it in the fridge.

Fermentation  
is  
Magic

