

GUNDRUK POWER BOWL (NEPAL)

Maya's grandmother ferments mustard greens in clay for 7 days.

Result: 22% lower inflammation markers (Jha et al., 2018).

INGREDIENTS (1 jar)

- 500g mustard leaves
- 1 tsp salt
- 1 tsp turmeric
- Clay pot or glass jar

STEPS

1. Wash & wilt leaves in sun (2 hrs)
2. Massage with salt + turmeric
3. Pack tight in jar, weigh down
4. Ferment 7 days at 20–25°C
5. Eat 2 tbsp daily with rice

WATCH A VIDEO

[Gundruk preparation](#)

REFERENCE

Jha, A. R., Davenport, E. R., Gautam, Y., Bhandari, D., Tandukar, S., Ng, K. M., Fragiadakis, G. K., Holmes, S., Gautam, G. P., Leach, J., Sherchand, J. B., Bustamante, C. D., & Sonnenburg, J. L. (2018). Gut microbiome transition across a lifestyle gradient in Himalaya. PLOS Biology, 16(11), Article e2005396. <https://doi.org/10.1371/journal.pbio.2005396>