

HOMEMADE SAUERKRAUT RECIPE

INGREDIENTS:

- 750 grams Red Cabbage (or a mixture of red and white or just white)
- 15 grams Himalayan salt

• INSTRUCTIONS:

1. Chop or shred cabbage. Use slicer attachment of food processor if available.
2. Sprinkle with Himalayan salt. Leave for at least an hour, to extract moisture.
3. Knead the cabbage with clean hands, about 10 minutes, until liquid starts to come out.
4. Stuff the cabbage into a wide mouth litre mason jar, pressing the cabbage underneath the liquid. Leave at least one-inch gap.
5. Put a large cabbage leaf on top and place fermentation weight on top.
6. Cover the jar with a glass lid loosely and lay a cotton cloth on top.
7. Culture at room temperature (60-70°F is preferred), away from direct sunlight, for at least 3 weeks until desired flavour and texture are achieved.
8. Burp daily to release excess pressure.
9. Once the sauerkraut is finished, transfer into the fridge or move to cold storage. The sauerkraut's flavour will continue to develop as it ages.

Note

- Use 2 grams salt with every 100 grams cabbage.
- Fermentation weights help to keep cabbage submerged under the liquid.
- No need to buy glass weights, use a sealed bag filled with water or small jar with stones in.
- The probiotics are at their optimum after about three weeks.
- During storage there may be no liquid, but this is fine as the cabbage is preserved by now.
- Wide mouth mason jars are so much easier to fill, and not nearly so messy as narrow top jars.
- Place a small plate underneath in case the jar overflows as it ferments.

Optional Extras

Caraway seeds, chopped onion, grated carrots, garlic, chilli flakes

Use your imagination.