

# SAUERKRAUT

EASY RECIPE FOR PROBIOTIC-RICH FERMENTED CABBAGE



## INGREDIENTS

- 1 green, red or white cabbage  
(remove core and outer leaves, but keep as a lid)
- 2 tbsp coarse crystal sea salt
- Jam jars (sterilised in the oven or boiling in water for 10 mins)
- Marbles/clean stones/ pickling pebbles/weights
- Muslin / kitchen paper + rubber bands / string

## DIRECTIONS

1. Thoroughly wash a large bowl and rinse with boiling water. Wash hands and all surfaces. Use a container that will comfortably fit the softened cabbage, allowing several inches of room at the top to avoid overflow.
2. Shred the cabbage thinly in a food processor or with a good knife. Put the cabbage and salt in bowl. Massage the salt into the cabbage for several minutes, wait a few minutes, then repeat. The cabbage should reduce down in its own brine.
3. Pack the cabbage into the jam jars, pushing it down until the brine squeezes up to cover the top of the cabbage. Place a cabbage leaf on top (optional) and then your chosen weight to keep the cabbage beneath the brine. Cover the jar with cloth/paper and tie on.
4. Leave in a dark place at a cool room temperature (about 18-20C) for at least five days. It will be ready to eat after five days, but for maximum flavour leave the cabbage to ferment for anywhere between 2-6 weeks (or until the bubbling subsides. Depends on climate).

## Extra Notes on fermentation

- Check the cabbage every day or so, releasing any gases that have built up as it ferments, giving it a stir to release the bubbles. If any scum forms, remove it, rinse the weights in boiling water and replace the muslin cover. You should see bubbles appearing within the cabbage, and possibly some foam on the top of the brine. It's important to keep it at an even, cool room temperature – too cool and the ferment will take longer than you'd like, too warm and the sauerkraut may become mouldy or ferment too quickly, leading to a less than perfect result.
- The cabbage will become increasingly sour the longer it's fermented, so taste it now and again. When you like the flavour, transfer it to smaller sterilised jars. Will keep in the fridge for up to six months.
- If you like it, and it agrees with you, try a teaspoon accompanying each meal.
- Cooking your ferment will harm the bacteria, so aim to eat it raw.
- Fermentation happens when microbes on the surface of fruit/vegetables are submerged in water. It creates a friendly environment for them to flourish, and they take over the space. All going well, harmful bacteria should be eliminated, which is why we used to drink mead before we had reliable sources of sanitised water. However, be careful and maintain high levels of hygiene.
- White "scum" or mould on the surface is absolutely normal, and doesn't mean you have to throw a batch away. Just remove as much of it as you can.
- Experiment with the timings. I prefer mine just about fermented, others love it old and smelly. (It always smells worse than it tastes!!!)
- Things will ferment faster in warmer places, and once at the perfect point of fermentation (subjective!), ferments will fast over-ferment, so be sure to put them in the fridge to slow down.
- Salt slows down fermentation, so you can experiment with that.
- **CAUTION should be taken in consuming live fermented products if you are pregnant, have histamine sensitivities, FODMAP sensitivities, or SIBO. If you have mild adverse reactions, use these to guide your general eating. If you have severe adverse reactions, please consult a doctor.**
- Many beneficial health effects have been found in those who regularly consume fermented food, but it's not a silver bullet. Keep taking your meds, looking after your health, and looking at the bigger picture.
- A wonderful book recommendation is Sandor Katz' "The Art of Fermentation". I got obsessed with fermenting everything I could find!!