

Fermented Sauerkraut Serves (3 Large Jars)

Fermented foods are an excellent source of natural probiotics, much higher than your average store bought capsules! They also act as a prebiotic (food for the existing colony of microbes in your gut) not to mention that they taste awesome!

This recipe looks long and daunting, but it's really very easy and your gut will love you for it!

Ingredients.

- 1 large green cabbage.
- Himalayan salt.
- 1 tsp Dill seeds.
- 1 tsp Caraway seeds.

Method.

1. Make sure your workbench is clean and hygienic, and your utensils are washed properly.
2. Peel off the outer leaves of your cabbage, set aside for later.
3. Use a mandolin or a sharp knife to finely slice your cabbage, place the cabbage into a really large tub or bowl.
4. It is important to then weigh your cabbage, so that you know how much salt to use. We use a 2% salt ratio, my cabbage weighed 2000g, I was then able to weigh out 40g of salt.
5. Place a 1/4 of your cabbage into your large tub, sprinkle 1/4 of the salt on top, continue layering until you've finished your cabbage and salt. Let it sit for 10 minutes while you prepare your sterilised jars.
6. Returning to your bowl of cabbage, add your spices/seeds, then it's time to use some muscle and wring the cabbage really

hard, grab large handfuls and squeeze, you will see the cabbage releasing lots of moisture. Continue until cabbage has diminished in size by at least half.

7. If you feel there isn't enough liquid you may add about 1 Tbsp of filtered water. Now you can start stuffing the cabbage into your sterilised jars. Each time you add a few scoops, use a large spoon or your fingers to push down on it, releasing any air which may be trapped. Stop when you have 2" remaining at the top of the jar, as it will expand during fermentation.
8. Use your left over cabbage leaves to fold up and place on top of your mixture, then add enough brine, making sure that the sauerkraut is covered and not exposed to any air. Seal and place the jars in a tray in a dark place (such as a cupboard) for their ferment. Check the jars at 24hrs and burp (release lid, press the mixture down again if necessary to release the gasses, and replace lid again) redo at 36 hrs and 48 hrs.
9. Do a taste test after 5 days in warmer climates or 7 days in cooler regions. If it's not tangy enough for you, place back in the cupboard and try again later. When your'e happy with the taste, remove the leaves and store in the refrigerator.

Notes.

Fermentation will occur slower or faster depending on temperature, generally speaking, your sauerkraut will be ready in about 5-7 days.

We use a 2% salt ratio, therefore it is important to weigh out your cabbage, do not use any less! You're able to add more if you prefer it saltier, however this ratio is best as a minimal guideline. As for spices and flavours, once you master the basics, feel free to play around with it. Add some shredded carrot, or beetroot, use red cabbage, vary your spice mix, add some cumin or celery seed, the choices are endless!

On a personal note, i've tried many times to make the 'kraut in the jars i want them to end up in, but i have constant spillage during fermentation and then they lack their brine once they are done

(more than likely my own fault and due to over filling) so i thought i'd share with you my current procedure. I use a REALLY large jar for the ferment, making sure i keep 1/4 free space in the top, then once ferment has finished i dish them out into smaller jars which will fit in my fridge!