



EASY GUIDE TO MAKE YOUR OWN SAUERKRAUT

Ingredients:

- (1tbsp sea salt per 500g cabbage)
- 2-3 tbsp Sea salt
- 1 medium head of cabbage
- Large jar (I use Moccona coffee jars)
- Weights- small glass jars full of water, or large stones.
- Cheesecloth/ muslin cloth
- Rubber band

Method:

1. Remove the outer leaves of the cabbage and set aside.
2. Shred the cabbage finely and place in a large bowl.
3. Sprinkle the sea salt over the cabbage and mix and knead it in with your hands. You are aiming to get the fluid/ brine to come out of the cabbage. You can use a pestle for this if you like. Let it sit for about 15 minutes and then knead and squash with the pestle.
4. Next grab handfuls of the cabbage and stuff it into the jar, filling it to about two thirds full.
5. Push down the cabbage in the jar and pour any excess brine from the cabbage mixing bowl in as well. The brine should come up above the cabbage.
6. If there isn't enough brine, make some more with the ratio of 1 tsp salt: 500ml water, and pour it into the jar, making sure it covers the cabbage.
7. Place the reserved outer cabbage leaves on top and press down so they are under the brine also.
8. Place weights on top of the cabbage leaves, to keep them submerged so that mold does not grow.
9. Cover the jar with cheesecloth/ muslin cloth and a rubber band.
10. Place in a dark corner of your pantry out of direct light. The temperature should be 18-21 C.
11. Leave here for 2 weeks and taste. It should be tangy, tart and crispy deliciousness. If not, leave it a few more days and check. Warmer temperatures will speed up the fermentation process. It can take between 3-6 weeks to be ready.
12. Once it is ready, place a hard, tight lid on the jar and place in the fridge for up to 6 months to enjoy whenever you feel like it.

Notes:

If the sauerkraut is discoloured, slimy, or malodorous, throw it out.

You can enjoy a couple of tablespoons per day. Try it on top of cooked vegetables.

You can experiment with all sorts of vegetables and herbs and spices and find what you love.

Keep the ratio of cabbage at 75% and have other vegetables at 25%. Options include: beetroot, carrots, kohlrabi, radish, onions and parsnips.

Try fresh herbs too! You can add up to 3 tbsp of fresh herbs. Dried herbs can be used also, just use less. Try ginger, garlic, caraway seeds, dill, oregano, chilli flakes, and even star anise and cinnamon!

Enjoy!