

# Sauerkraut



*Keep for 3-6 months in fridge*



*30 minutes plus fermentation time*



*Winter*



*Cabbage*

## INGREDIENTS:

- 1 large head of green cabbage
- 3 tbsp sea salt

## METHOD:

1. Discard any damaged outer leaves from the cabbage. Rinse the cabbage and pat dry.
2. Cut the cabbage in half and gently slice it around the core.
3. Discard the core of the cabbage. This is which is usually tougher and may not ferment as well as the leaves.
4. Thinly slice the cabbage leaves. You can do this by using hand, mandolin or a food processor.
5. In a large bowl, add the sliced cabbage leaves along with salt.
6. Set it aside for about 15 minutes, allowing the cabbage to wilt and release its juices.
7. Using clean hands, massage the cabbage for about 10 minutes. Alternatively, you can use a pounder to crush the cabbage and release its juices
8. Transfer the cabbage and its juices in a clean 1 litre Mason jar. Press down firmly to remove any air pockets, ensuring the cabbage is completely submerged under the liquid. You can use your hand, a wooden spoon, or the bottom of a drinking glass for this step. Do not forget this step because air pockets can cause mold growth. Care should be taken to fill the jar until 3/4 to prevent the risk of overflowing during fermentation process.
9. Loosely screw the lid on the jar to allow the gases to escape.

## METHOD:

### Storing, fermenting, and serving:

1. Place the jar in a dark place with a temperature between 15-20 degrees Celsius. Leave it there for 1-4 weeks.
2. Remove the lid every day to release air pressure. Keep an eye on the sauerkraut to make sure that the leaves are completely submerged under the liquid.
3. When the sauerkraut changes colour from green to pale yellow, try some. If it is as tangy as you would like, seal the jar tightly.
4. Store it in the refrigerator. Homemade sauerkraut will remain okay to eat for a minimum of three months and can last up to six months.

## TIPS:

- *As sauerkraut ferments, its tanginess will increase. So, make sure to taste it now and then using a clean spoon to determine if it has reached the desired texture and level of tanginess.*
- *If there is not enough liquid to cover the cabbage leaves, top it up with additional liquid. You can prepare this additional liquid by dissolving 1 tsp of salt in 1 cup of water.*
- *Feel free to experiment by adding vegetables like carrots or spices like ginger for extra flavour.*
- *Sauerkraut can be enjoyed in various ways: as a tangy filling for wraps and sandwiches, mixed into salads for added crunch and flavour, or even as a side dish alongside roasted meat. You can also eat it straight out of the jar!*

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