

INGREDIENTS

- 1 HEAD OF CABBAGE
- 1 T SEA SALT (NON-IODIZED, SEE NOTES)
- 1 T CARAWAY SEEDS (OPTIONAL)

OPTIONAL ADDITIONS:

- GARLIC CLOVES
- SHREDDED OR SLICED CARROTS
- OTHER HERBS

DIRECTIONS

- **STERILIZE 2-3 16OZ MASON JARS ***
- REMOVE 1-2 LEAVES AND SET ASIDE
- CHOP CABBAGE IN HALF TO MORE EASILY REMOVE STEM AND CHOP INTO DESIRED SIZE STRIPS / PIECES
- ADD TO A VERY LARGE GLASS / WOODEN / PLASTIC BOWL
- ADD SALT AND CARAWAY SEEDS
- SQUEEZE / KNEED CABBAGE IN BOWL FOR APPROX 5 MIN
- PACK CABBAGE INTO JARS LEAVING ABOUT AN INCH OF SPACE AT TOP
- ADD LIQUID FROM BOWL OR ADDITIONAL FILTERED WATER SO CABBAGE IS FULLY SUBMERGED **
- CAP AND SET IN A WARM PLACE
72 HRS - 4 WKS, BASED ON FLAVOR

NOTES: * TO STERILIZE: BOIL MASON JARS AND LIDS IN WATER 10 MIN AND LET COOL.



SALT DRAWS THE WATER AND SUGARS OUT FOR THE BRINE; IT IS IMPORTANT TO USE NON-IODIZED SALT THAT IS FREE OF ANTI-CAKING AGENTS WHICH IMPEDE FERMENTATION AND AFFECT FLAVOR.

** YOU CAN USE THE LARGE LEAVES THAT YOU SET ASIDE TO 'CAP' YOUR KRAUT IN THE JAR - TO HELP KEEP CABBAGE SUBMERGED.

GASS BUILDS AS IT FERMENTS, SO BE SURE TO 'BURP THE BABY' TO RELEASE PRESSURE AS NEEDED THROUGHOUT THE PROCESS. REFRIGERATE AT DESIRED FLAVOR PROFILE.



GET CRUNCHY! MAKE SAUERKRAUT!

 (2-3) 16oz jars  10 min jar prep
10 min prep
72 hrs - 4 wks

Sauerkraut is an amazing food full of pre, pro and post biotics. It is a powerhouse for maintaining a healthy gut microbiome. It's also super easy and affordable to make by hand and is much more crunchy and flavorful when home fermented.

FOOD FOR THOUGHT:

Though often associated with German culture and European cuisine (*the word Sauerkraut is derived from the German words sauer (sour) and kraut (cabbage)*), it actually has over 2000 year old origins. In China cabbage was fermented in rice wine (suan cai) as early as 7th century BC and Roman texts also mention the cabbage-salt preservation process.