



Sauerkraut

Simple to make, so many ways to use – and your gut will thank you.

Ingredients

1 medium green or red cabbage

1 ½ tbsp sea salt

1 tbsp mix of fennel, cumin and coriander seeds

and/or 1 small birdseye chilli, finely diced (if you like spicy)

Utensils

1 litre glass jar (or 2 or 3 large jars)

Small piece of fabric to cover jar top

Elastic band or string

Large mixing bowl

⌚ Prep time: 20 minutes, then 10 days to ferment. 🍴 Serves 30
Vegan, gluten free, dairy free, nut free



Method

Clean and rinse jar and bowl thoroughly. Remove and discard cabbage's wilted outer leaves and core. Thinly slice remaining cabbage, then combine with salt in mixing bowl.

Squeeze and massage cabbage with your hands for 10-15 minutes, until you have a very wet mixture. Add your chosen seasonings and mix through.

Pack the mixture into the jars as tightly as possible, pressing down as you go. For food safety, the cabbage needs to be completely covered by liquid throughout the fermentation process. If it is not, mix 1 tbsp salt with 2 tbsp water, add to jar and press mixture down firmly. Repeat as necessary.

Cover jar top with fabric, secure with elastic band/string.

Store in pantry, out of direct sunlight, and allow to ferment for 10 days. Then, move it to the fridge and enjoy!

Nutritional information

Traditionally-made sauerkraut has had a long journey throughout human history and can be traced back to 400 BC.

Sauerkraut can be used in many ways. Add it to salads, sandwiches, wraps and burgers, or serve as a side for roasts, vegies, curries, casseroles and stir-fries.

It contains vitamins A, B, C and K, various minerals, live lactobacilli (beneficial gut bacteria, also known as probiotics) and a large amount of lactic acid.

It is best eaten uncooked to preserve this good bacteria. Cabbage is also a prebiotic, feeding existing healthy gut bacteria.

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