



Sauerkraut – Wild Fermentation

Sauerkraut is fermented cabbage using either red or white cabbage. Often consumed in colder climates such as Germany, Russia and Eastern Europe it's known to be a fabulous healing remedy for the digestive tract being packed full of digestive enzymes, probiotic bacteria, vitamins and minerals.

How to make it:

- 1 x medium sized cabbage (can be red or white)
- 2 x tablespoons Himalayan Rock Salt or whole unprocessed Sea Salt

Process:

Thinly slice the cabbage and place in a large glass or stainless steel bowl. Add 2 tablespoons of salt in order to draw out the water and create a brine. Knead / massage / squeeze the mixture well with your hands until you see a large amount of juice starting to come out.

If there isn't enough brine in the cabbage then add about a cup of cooled water that has been boiled or filtered water. When you hold up a handful of the cabbage some of the water should be dripping off.

Using glass jars with a wide enough mouth to get your fist into pack the mixture into the jar, pressing it firmly down to remove all oxygen from the cabbage. If the cabbage is exposed to air it will rot instead of ferment.

Make sure the cabbage is completely covered in it's own juices (add extra water if need be) and leave about 5-8cm space between the cabbage and the top of the jar to allow for expansion. Put a spare cabbage leaf into the jar and push it down to act as a weight to stop any moulding on top.

Put lid on firmly, cover jar with tea towel and leave it to sit for 14 days (usually takes this long to ferment). Once it bubbles slightly the fermentation process is beginning, place it in the fridge after 14 days. You can leave on the bench longer to ferment if you like before putting in the fridge.

Ensure you check it regularly to make sure it's covered in brine at all times.

Eating Sauerkraut with meat aids it's digestion by stimulating the production of good stomach acid.