



Sauerkraut Recipe

Wild Fermentation Method

Supplies:

- 1 quart wide mouth glass jar
- 1 8oz narrow mouth Mason jar & plastic lid (to act as weight inside)
- parchment paper or thin cloth (muslin, cotton) (~8"x8")
- strong elastic band

Groceries:

- Green and/or Purple Cabbage: at least 50% of veggies, in weight
- Sea Salt (approximately 1Tbsp per 2lbs total veggies)

Optional:

- Carrots, Beets, Daikon, Onion, etc
- Caraway, Dill, Fennel Seeds, Ginger, 'Olena, etc

Jar Size ~ lb veggies

- Quart ~ 1.75lbs

- Half-gallon ~ 2.5-3lbs

- Gallon ~ 6-7lbs

... scale up as needed

Basic Instructions:

1. Weigh cabbage & veggies, measure out sea salt, as described above
2. Remove and reserve a few clean outer leaf's of cabbage for later
3. Chop veggies — "choppers choice" — I prefer ~ 1/4 inch slices
4. Sprinkle in measured sea salt
5. Mix and massage until liquid begins to emerge, 5-10 minutes
 OR mix and let it sit for a few hours
6. Pack firmly into jar, and allow a few inches of head space for expansion
7. Place weight inside jar, on top of veggies. Weight should make contact with veggies to push it all downward.
8. Secure piece of parchment paper with elastic band
9. Label with date made and (optional) ingredients used
10. Allow to ferment on counter top for 2-3 weeks



Detailed Instructions:

1. Weigh **cabbage/veggies**, and proper proportion of **salt**. Set aside salt.
2. Take off outer dirty/broken pieces of cabbage leaves. Toss the worst of them, **keep about 1-2 big pieces of leaf** (to be used at the end). Rinse these and set them aside.
3. Rinse cabbage, if necessary (if has tightly packed leaves, inside should be clean).
4. Slice or chop cabbage to your liking. I prefer $\frac{1}{4}$ - **$\frac{1}{8}$ inch thick** slices. Slice with a knife or mandolin.
5. As you chop the cabbage, add it to the bowl, **sprinkling the sea salt on each layer**. By adding the sea salt, you are starting the process of softening the cabbage, which will make the next step easier.
6. Peel (or wash well), then chop or grate carrot, beet & **other optional veggies** to your liking. Add to same bowl.
7. With clean hands, start to **massage** the bowl of veggies. Use gentle force and think good thoughts! The microorganisms in your surrounding environment are now starting to make their home in the veggies, this is a good thing, as you want healthy live bacteria to break down the cabbage and become probiotics for you to eat!
8. When it seems soft enough with plenty of liquid extracted from the cabbage, start to **pack it into your jar(s)**, layer by layer, a handful at a time, packing each layer down firmly to release all the air. There should be **enough liquid to cover the cabbage sufficiently**, with a few extra inches for the big leaves to be submerged also.
9. Roll up the big outer leaves that you had set aside and pack those into the top to help push down veggies evenly. The jar should only be filled to a **maximum of $\frac{3}{4}$ full**, or you will have a big mess to clean up (overflow).
10. Take 8oz Mason jar, fill with water and secure lid (use plastic lid, as metal will rust). Clean outer side of this jar before **packing it into the inside** of your wide mouth quart. This will act as your weight to push all the veggies down. It should be sticking out at least half way.
11. **Secure parchment paper** or cloth all the way to the outer rim of the jar. This is to allow air (CO₂, the fermentation farts) to escape, while blocking foreign matter & critters from diving in for a taste.
12. Label jar with today's date and ingredients. **Important!**
13. **Place on a plate or bowl** to catch any overflow, on the countertop or cool place
14. Press down inner jar (acting as weight), at least once per day for the first week, or until brine covers all veggies.
15. Check it at **2-3 weeks** old. Taste-test with a clean utensil. At this point you can start eating it, or you can let it continue for 3 or 4 weeks, or even months if you prefer it very sour.
16. If any scum or white yeasty stuff grows on the surface, it's probably ok, just scoop this out as best you can. It's not dangerous to eat, but tastes funky.
17. If any colorful or foul-smelling mold appears, and your intuition says it rotten, toss the whole batch.
18. When you decide it's ready to your liking, **place in refrigerator** to slow down the fermentation. It will last a long time in the refrigerator (... just as long as you can resist eating it!) (... and as long as it's not contaminated).
19. Enjoy with salad, avocado, poi, nori rolls, Buddha bowls, eggs, lentils, or by the forkful!!!

Your digestive system will thank you!