

Sauerkraut



Sauerkraut is well known for its impact on gut health thanks to all that fermented goodness. It can be surprisingly expensive to buy in supermarkets when it really is so easy to make, give it a go!

For a faster, more consistent ferment, use Mad Millie Fermenting Vegetable Culture.

1 sachet Fermenting Vegetable Culture + 2 Tbsp Water + 1 tsp sugar – mix well.

Add this when you add the salt. Within 5 days the sauerkraut will be ready to transfer into the fridge.

INGREDIENTS

- 2 White or red cabbages (approx. 2.3 kg)
- 2.5 Tbsp Non-iodised salt
- Brine solution 1 Tbsp salt dissolved in 1 L (1 US qt) of cooled, boiled water

METHOD

1. Sterilise all equipment thoroughly.
2. Finely chop both cabbages (removing the core) and place in a mixing bowl.
3. Sprinkle over salt and mix with clean hands until the juices are released.
4. Pack the cabbage tightly into the crock and place the weights on top. The cabbage should be covered in juices, if not, top up with brine solution.
5. Place the lid on top and fill the moat with water to create a seal. The water should always be above the holes, top up when required during fermentation.
6. Ferment at 20°C (68°F) for 3 – 7 days.
7. Taste with a sterile fork and replace the lid immediately. When it is ready it should have a sour tang and change colour. White/green cabbage to yellow or from red cabbage to pink.

8. Sauerkraut can continue to ferment for up to 2 weeks depending on taste preference. Once ready transfer to sterile jars and move to the fridge to store for up to 3 months.