



www.culturedliving.com.au

East European Kraut

A great ferment/kraut to make in the winter months when there are lots of great vegetables in season which lend themselves to fermenting and temperatures are perfect for fermenting. This East European ferment is a mix between sauerkraut and sauerreuben plus a few additional ingredients.

Ingredients to fill a 3 litre fido jar:

1600g shredded cabbage
400g julienned turnip,
250g julienned kohlrabi
150g julienned daikon radish
100g chopped fennel
1 tsp fennel seed
1 tsp smoked paprika
1 tsp cumin seed
½ tsp coriander seed
¼ sp cayenne pepper
36-48g pink Himalayan/sea salt

Method is the same as for any other sauerkraut i.e. shred cabbage, add salt, massage. Pack into fermenting jar pressing down as you go to ensure no air pockets. Weigh the mixture down and leave to ferment for 3-4 weeks. It is advisable to use a good quality jar with airlock to avoid the need to open your jar to “burp” your ferment. Good quality, low histamine sauerkraut should be fermented in an anaerobic environment for some weeks. The ideal fermenting temperature is 18 – 22 degrees celcius.

