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Kislaya Kapusta (Russian Sauerkraut)

Kislaya Kapusta is the Russian version of sauerkraut and it is good! 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.

Ingredients to fill a 3 litre fido jar are:

- 1.8 kgs cabbage
- 1 or 2 Granny Smith apples
- 1 tblsp chopped fresh dill weed
- 1 tsp caraway seeds
- 36g pink Himalayan salt/sea salt
- 4 or 5 shredded carrots
- 1 tsp sugar (I omitted this)
- 1 handful of cranberries dried or fresh

