



[www.culturedliving.com.au](http://www.culturedliving.com.au)

## Pineapple Kraut

Pineapple can successfully be added to sauerkraut. Here are some suggestions:

Cabbage, salt, pineapple, jalapeño and mustard seeds

Cabbage, salt, pineapple, ginger and turmeric

Use 15 – 20g salt per kg of vegetable.

Method is the same as for any other sauerkraut i.e. shred cabbage, add salt and other ingredients, 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.

