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Epic Holiday Sauerkraut Recipe

This recipe makes a sauerkraut flavour of rich green cabbage with a zesty burst of cranberry, lemon, sage and rosemary in a way you've never experienced before!

Makes about 3 - 5 litres depending on the size of the cabbages. 800g of cabbage should fit perfectly into a 1 litre jar. It is advisable to weigh your vegetables before you start. You will need 15-20g of pink Himalayan salt/celtic sea salt per kilogram of vegetables*

Ingredients:

2 large organic green cabbages shredded. Peel and compost the dirty outer leaves.
1/2 large onion. Peel outer skin and largely chop.
10 cloves peeled organic garlic. (I used fermented garlic cloves)
A big handful washed medium multi-colour heirloom carrots or any organic carrots.
2 handfuls organic cranberries.
Optional : 3 stalks of celery (chopped)

Blender Ingredients:

3/4 cup spring water
1 very large chopped organic lemon cucumber
Juice of 2 lemons
Small handful of garden sage (fresh or dried)
Small handful of rosemary (fresh is best)
Pink himalayan or sea salt (ie 15g -20g per kg of vegetables)
1/4 teaspoon cayenne
Optional: handful of dulse (for added immunity and minerals)

Slice the vegetables with a food processor or mandolin (or by hand). Place processed veggies in a large bowl.

Put blender ingredients in blender. Blend for about 10 seconds until liquidized but not smooth. Pour into bowl of grated vegetables. Massage with clean hands for a couple minutes and get things juicy.

Pour vegetable mixture into fermenting crock or fido jar, pressing down as you go and get the juices almost rising to the top. If the juices don't go that high yet, it doesn't matter, they probably will during the first week of fermentation. Weigh ferment down with weight or weight combined with Viscodisc/fermenting hold 'em down.

Ferment at room temperature for 3 - 4 weeks and then place in refrigerator where it will keep for many months.