

Recipe Ingredients

- all White Cabbage
- 1-2 tablespoons Sea Salt / Pink Himalayan Salt to taste

You will need

- 1 chopping board
- 1 sharp knife
- 1 large mixing bowl
- 1 clean glass jar with lid or mason jar
- A small amount of filtered/bottled water may be necessary

Recipe Instructions



1. Peel the outer layer of leaves from the cabbage then cut out and reserve the stem, you'll need this for later.
2. Carefully half then slice the cabbage finely into thin strips and then add it to your mixing bowl. Sprinkle 1 tablespoon of the salt over the cabbage and mix in thoroughly with your fingers.
3. Leave for 10 - 15 minutes to allow the salt to begin drawing out the water from the cabbage. Then go in with your hands again and work the cabbage by massaging or pounding it together for a good 10 minutes. As you do this the cabbage will start to break down and become wet.
4. What you want to happen is for the salt to draw out as much water as possible from the cabbage into the bowl. This is the brine. Keep massaging and squeezing out the water from the cabbage into the bowl.
5. Taste the cabbage. It should taste salty but, not too much so. If it's too salty at this stage then your sauerkraut will end up too salty (yuk). Equally, if it's not salty enough then add a little more.
6. You'll need to pack the cabbage into the jar pushing it down to the bottom as much as possible. Top up the jar with the cabbage water so it sits completely in the brine. What you're looking to do is have a jar of cabbage completely submerged in its own salty juices.
7. This is essential for the cabbage to ferment without creating unwanted bacteria (or mould) and to allow the lactobacilli to multiply.
8. If you feel that it's a little bit too salty then you can reserve some of the brine and top it up with filtered/bottled water (not tap water) to dilute it a little. You can also add a small amount of water if you need to submerge the cabbage completely. Use the reserved cabbage stem to hold the cabbage in place under the lid.
9. Cover the jar with the lid and leave to ferment for 2 weeks before putting into the fridge. You will need to burp the jar (just unscrew it to let the air out then tighten again) every day to release the pressure that builds up inside - you don't want it to explode all over the counter!
10. Taste the sauerkraut before putting into the fridge - or if you prefer then you can leave it another week if you'd like it to produce a stronger more sour taste.

