

# Sauerkraut

## The RATIONALE:

1. "The proliferation of *lactobacilli* in fermented vegetables **enhances their digestibility and increases vitamin levels.**" P89, *NOURISING TRADITIONS*, Sally Fallon
2. "In Europe the principal lacto-fermented food is **sauerkraut**. Described in Roman texts, it was prized for both its delicious taste as well as its medicinal properties." P89, *NOURISING TRADITIONS*, Sally Fallon

## Ingredients:

- Cabbage organic. The quantity depends on your fermentation crock (GÄRTOPF) pot size. If you have a 25 l pot then you should have roughly 1.2 times the amount, considering the wastage of the outer leaves and core. Thus ± 30 kg.
- Caraway seeds
- Juniper berries
- Pure earth or rock salt
- Purified water, Approx. 1l

## The process:

1. Peel all the dirty outer leaves. Keep the big clean outer leaves to cover the pot when finished and before the weighted stones is placed on top of it.
2. Wash if needed.
3. Core the cabbage with a cabbage drill.
4. Grate 3 cabbages with a cabbage slicer.
5. In a separate clean container pound on the grated cabbage with a cabbage pounder in order to damage the slices so that it breaks open the cells in order for it to release some of its juice. Squeeze and kneed the cabbage to ensure it is soft and bruised. It changes in colour and becomes juicy.
6. Layer the cabbage with salt and spices. Mix and taste to ensure it is correct.
7. Push down on the layered cabbage to ensure there is no air.
8. Place a tablespoon of fresh whey on each layer. This is not mandatory but it speeds up the fermentation process.
9. Repeat steps 4 to 8 until the GÄRTOPF pot is 80% filled.
10. Cover the top with the clean whole cabbage leaves. Approx. 6 leaves will be needed.
11. Add the weights and apply equally distributed downward pressure on them.
12. If there is not enough juice, add cold boiled salt water so that the stones are covered by a layer of water of approximately 5-10mm's.
13. Fill the gutter to the halfway mark of the GÄRTOPF, with purified water.
14. Put the lid on the pot.
15. Store the pot in a cold room (10-20 deg C).
16. The fermentation process will take everything between 2-6 weeks.
17. A regular bleep could be heard after two days. This indicates that the process is working. It should taper off, however, once the fermentation process is complete.
18. Do not interrupt and disturb the fermentation process by opening it regularly.

Enjoy &



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