



## SAUERKRAUT

A delicious side dish full of vitamins, fibre and probiotics to nourish your gut, add a forkful daily to your diet to get the benefits – it has a high sodium content so not too much.

### Ingredients:

500g white cabbage

100g carrots

2 heaped teaspoons sea salt (not table salt) (you need 2% of the weight of ingredients, adjust accordingly – 1 tsp is about 5g)

2 tspn caraway seeds

### Instructions:

Shred the cabbage and carrots – can be done by hand but is quite laborious – you want them finely done. (Keep the large outer leaves as a lid for later)

In a large bowl, add the salt and start to work it in by hand for about 10 minutes.

Add the caraway seeds and mix through.

There should be a decent amount of liquid in the bowl at this point.

Pack the mixture into clean jar, press down well.

Cut the large cabbage leaf to size and put on top.

You can use a weight to keep it down.

It will be ready after 2 weeks, or up to 4. When it is at the desired taste, refrigerate to stop further fermentation.

### Notes:

Don't use plastic, glass jars work best – I used a 2litre clip jar in the one shown.

The mix must be kept below the liquid or cabbage lid line, it requires an anaerobic environment meaning that no oxygen should be present, otherwise you will end up with a rotten product, not fermented.

It is normal for the liquid to rise initially, 'burp' it by briefly opening the lid to let out the Co2 gases daily.

Ensure your hands and any equipment are clean.

Use a bowl larger than you think, it can be messy, if you don't have one use a large pot.

You can use a stone if you don't have a weight, just boil it for 10 minutes in water first to sterilise it or use a small glass jar filled with stones.