Lacto-Fermenting: *The Easy & Healthy Way*
SAUERKRAUT

Key Points
- Simple to make
- High live healthy bacteria count
- Extremely high in Vitamins - C, B and K.
- High in minerals calcium and magnesium.
- Good Source - dietary fiber, folate, iron, potassium, copper and manganese.
- Soothing to the digestive tract.

RECITE:

Lacto-fermented "Best Ever" Sauerkraut

The secret to great sauerkraut is shredding the cabbage underline very thinly. If you don't have a mandoline slicer I would really recommend one, as it will make sauerkraut so good you'll want to eat it on everything!

Ingredients:

- 2½ pounds thinly shredded cabbage, 2mm thin or less **[weigh after shredding!]** (Red or Green - from a 3.5 to 4 pound head)
- 1½ Tablespoons unrefined sea salt
- **Brine:** 1⅛ teaspoon unrefined sea salt + 1 cup filtered water

> **PREPARING THE CABBAGE:** There is no need to wash the cabbage. Just simply peel off a few of the outer layers of leaves. Cut your cabbage into quarters and remove the core.

You Will Also Need:

– ½-Gallon-sized Wide-mouth Glass Jar
– Air-lock System, to fit your wide-mouth jar [*available at CookingGodsWay.com*]
– French Rolling Pin **OR** a Wooden Spoon
– Mandoline Slicer **OR** Food Processor *(if it can shred thinly without "mincing")*
– Kitchen Scale, to weigh your shredded cabbage

Instructions:

1. Thinly shred the cabbage, to 2mm or less, using a mandoline slicer or food processor and weigh out 2½ pounds using a kitchen scale.

2. Begin placing a few small handfuls, around a 1-inch layer, of the shredded cabbage into the bottom of a ½-gallon jar. Sprinkle this layer of cabbage with a light layer of your measured out salt.

   > **NOTE:** *Other herbs or spices, such as caraway seeds, may be added for flavoring as desired. Simply mix them in with your measured out salt, so they get layered evenly throughout the jar.*

3. Gently tamp, or pound, the cabbage down in the jar with a flat rolling pin or a wooden spoon.

4. Add another layer of cabbage into the jar, sprinkle a light layer of salt on top, and tamp again. Repeat this until all the cabbage and salt is used up, (this should happen at about the same time, so try to use up your salt evenly).

5. When you've tamped down your last layer of cabbage/salt, loosely cover the jar with a solid lid and set aside for 30 minutes to allow the cabbage to self-brine.

6. After 30 minutes have passed, using the rolling pin or wooden spoon, press down on the cabbage in the jar to release the brine.

7. Place several small fermentation weights, or one large fermentation weight, on top of the cabbage to minimize floating during the fermentation period.

8. Make up the brine and pour over top of the cabbage in the jar, to completely cover by at least 1-inch or more. Be sure to leave 3 to 4-inches of space from the top of the jar to allow for expansion during the fermenting process

   > *If your cabbage was particularly dry, you can make an additional batch of brine to make sure the cabbage is moist and covered well by the brine.*

8. Assemble the air-lock system, and screw onto jar snuggly. Fill the air-lock with filtered water to the "fill" line and cap.

9. Let ferment for 7 to 10 days at room temperature. (Check your ferment daily, if you observe any mold on the surface of the liquid, open the jar for a brief time to skim it off. Close the jar allowing the ferment to continue.)

After 7 days open the sauerkraut and taste it. If it is too crunchy, or not at the taste you want, reinstall the airlock lid and let it keep fermenting for a few more days until the texture and taste is to your liking.

10. After the fermenting period, remove the air-lock system, replace with solid storage lid, and transfer jar to cold storage. (Kept in the refrigerator, the sauerkraut can last 6+ months.)

    Keep in mind that the fermenting process is just slowed down when in the refrigerator, so your sauerkraut will continue to "age" in the fridge, developing a more mature taste overtime.

Makes ½-Gallon.

NOTES

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____