Sauerkraut

Sauerkraut is made using a process called fermentation. Fermentation is amazing because it can make foods taste better … and be healthier too!

Makes: 1 jar • Preparation time: 30 minutes

Ingredients

- Half a cabbage e.g. Green, Savoy or Pointed, shredded
- 2- 3 cloves of garlic
- 2 or three of the following vegetables: carrots, beetroots, onions, chopped into bite-sized chunks
- A mixture of spices according to taste e.g. black pepper, caraway seeds, turmeric, garam marsala
- Sea salt

Method

1. Place an empty bowl on the weighing scales and make a note of the weight.
2. Add your veg to the bowl, note the weight and subtract the weight of the bowl so that you know the weight of the veg.
3. Calclulate 2% of the weight and weigh out this amount of sea salt. Add to the veg.
4. Wearing gloves, massage the salt into the vegetables, until you see a liquid (brine) start to collect in the bottom of the bowl .
5. Spoon the mixture into your jar, pressing it down between each spoonful The veg should be submerged in the brine.
6. Once the jar is full , put on the lid.

Equipment

- I large bowl
- 1 x 500-750ml jar, sterilised (by running through the dishwasher)
- Disposable gloves
- Box grater
- Chopping board
- Knives
- Electric scales

Top tips

- The kraut should keep for several weeks in the fridge.
- Once your sauerkraut is ready, eat it with sausages, salads or sandwiches or put some on the side of any dish.