

# Golden Sauerkraut - Wild Fermented Cabbage, Carrot & Turmeric

## Ingredients

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- 2 ½ pounds green cabbage, save some of the outer layers of cabbage for packaging on the top
- 3 medium carrots
- 1 Tablespoon ginger root, grated
- 1 ½ Tablespoons garlic
- 1 Tablespoon fresh turmeric root, grated
- 1 ½ Tablespoons ground turmeric
- ½ Tablespoon caraway seeds
- ½ Tablespoon fennel seeds
- 1 Tablespoon Himalayan sea salt (optional, you can do it without salt, but it speeds up the process)

## Method

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Wash the cabbage and scrub the carrots, then finely slice the cabbage and grate the carrots. Or use a food process with a fine slicer attachment for the cabbage and a rough grating attachment for the carrots. Place all ingredients in a large stainless steel or glass bowl to avoid staining plastic or ceramic surfaces.

Use your hands (you may want to wear rubber gloves to prevent your hands from becoming stained by the turmeric) to mix and massage until it starts to get soft and juicy. The vegetables should release quite a lot of juice. If not, just add some more salt. Use a spoon or tongs to spoon the mixture into 2 recently sterilized quart jars. Pack it tightly to keep out all air, keep packing until the jar is full and the vegetables are covered in juice. Covering the vegetables with their own juice is important. Leave some space at the top to place a whole folded cabbage leaf on top. This is to prevent oxidation. Close with an air-tight lid. During fermentation process the vegetables will expand and the liquid will try to come out so it's a good idea to put the jars in a bowl or plastic bag for any juice that might drip from the sides.

Leave the jars to ferment at room temperature for 2-4 weeks (depending on room temperature); 3 weeks is usually perfect. When ready, it should be softly textured but not

mushy and have a fresh, spicy and acidic flavor. Discard the cabbage leaf at the top and store the jars in the refrigerator. Dividing the sauerkraut into small jars and giving as gifts is a nice gesture.

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## Notes

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If the top is discolored or has a bit of mold, don't be alarmed, just remove it and wipe around it or just change to newly sterilized jars.

Use organic vegetables for fermenting and don't wash or scrub too much as the natural enzymes on the vegetables are needed for fermentation.

Source: David Frenkiel & Luise Vindahl, <https://greenkitchenstories.com/golden-sauerkraut-wild-fermentation/> (Yield: about 2 quarts)

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