

Sauerkraut with Savoy Cabbage, Carrot and Garlic

Ingredients

- 1** medium head savoy cabbage
- 1/2** medium head green cabbage
- 4** medium carrots
- 10** peeled cloves garlic
- 3** Tablespoons fine-ground sea salt

Method

1. Finely shred the cabbage with a sharp knife or food processor grating blade. Toss it into a bowl. Grate carrots and peel garlic cloves and add to bowl.
2. Sprinkle over the salt.
3. Wash your hands, roll up sleeves and massage or scrunch the vegetables with your hands to release juices and mix all together very well. Do this for a few minutes until you see juice collecting in the bottom of the bowl.
4. Transfer vegetables into the fermentation jar. I use a 1/2 gallon wide mouth glass jar, washed and rinsed well. A ceramic fermentation crock or 2 quart jars will work as well. Plastic or metal may react negatively with the fermentation process. Pat the jar tightly

to remove as many air pockets as possible. It is important to cover all the vegetables in at least an inch of brine so they are not exposed to air. Fermentation needs an aerobic (non-oxygen) environment. If you don't have that inch of brine after packing the vegetables, make brine by dissolving 1 teaspoon sea salt in 1 cup filtered water and gently pour it into the fermenting container.

5. Weigh down the vegetables to keep them submerged. I add some brine to a fresh ziplock baggie and tuck it on top of the vegetables, pushing it down to assure no air pockets remain at the interface.

6. Cover the jar with a lid and place the jar onto a shallow bowl as the brine may rise during fermentation and spill out of the jar. Keep it at room temperature (ideal 65-80 degrees F). You will see bubbles rising for the first few days. Open the jar with clean hands, press the vegetables to allow bubbles to escape, tuck the plastic baggie back on top and reseal. Check on it every day to make sure that the vegetables are submerged.

7. After about a week, taste the sauerkraut. If you like the level of tang and crispness, store it in the refrigerator or root cellar around 55 degrees F. If you like a more sour taste, let it go and taste until it's right for you. Fermentation will be greatly slowed down by refrigeration and the sauerkraut will be good for many months to a year.

(Yield: about 6 cups finished sauerkraut)