

Simple Sauerkraut

Sauerkraut originates from Germany and consists of lacto-fermented cabbage. Cabbage is probably the most often lacto-fermented vegetable out there, probably because the end result tastes so good.

Ingredients

1. 4 or 5 heads of red or green cabbage, shredded;
2. 1/4 cup sea salt;

Preparation

1. Place the shredded cabbage little by little in your fermentation jar, pounding them vigorously and sprinkling some of the sea salt as you go.
2. Make sure the mixture fills the jar up to 1 inch below the top (because of the expansion), adding more if needed, and that the extracted water covers the vegetables entirely. If not, create a brine of 2 tablespoons sea salt to 4 cups water and add it to the cabbage.
3. Press the vegetables and keep them under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water. Cover with a clean towel if needed to keep out fruit flies.
4. Place the fermentation jar in a warm spot in your kitchen and allow the Sauerkraut to ferment for 7 to 10 days.
5. Check on it from time to time to be sure that the brine covers the vegetables and to remove any mold that may form on the surface.
6. A good way to know when it's ready is to taste it during the fermentation process and move it to the refrigerator when you're satisfied with the taste.