

Sauerkraut Recipe —12 portions

Ingredients

1 large cabbage

Sea salt about 1 teaspoon (optional)

The salt draws the water out of the cabbage and creates the brine in which it ferments. This eventually ferments and prevents the cabbage from rotting. Sea salt has lots of essential minerals so please do feel *good* about the salt, and it helps the brine to come out of the cabbage. You can omit if and it will still ferment, you just need to ensure you have liquid coming out of the cabbage by mixing and pressing well.

Method:

1. Remove outer leaves and grate the cabbage with the heart.
2. Mix in a big bowl adding salt
3. Slowly add into a large sterilised jar and press down with a spoon as you go. The pressing helps create the brine. Make sure the jar is full with about 1 inch space to the top for the expansion of the fermentation . If the jar is under full it risks going off. Better to over full rather than under full.
4. Once a brine starts to come seal with a tight lid. Store on a plate or tray on the kitchen surface (just in case the brine over flows from the jar) away from direct sun light and other heat sources. Press the cabbage down with a spoon 2 times day for 3-5 days.
5. If you over filled the jar, the brine will spill out. Just remove some of the cabbage and reseal with a tight lid.
6. After day 2-3 it starts to ferment and you get the added benefit of the good bacteria. If the brine is oozing out of the jar take some out and push down again with a spoon to ensure there is liquid brine at the top. If it starts to dry out add some salted water.
7. After about a week it is ready to eat, the longer you leave it fermenting the more bacteria is created.
8. Store in or out of the fridge. Sauerkraut will keep for at least 2 months. The longer you keep it the stronger the taste and quantity of bacteria. See new to Sauerkraut in appendix.



New to Sauerkraut

If you are eating sauerkraut for the first time I would advise you to follow these guide lines. Note they are guide lines; if you are in any doubt please do contact me to talk about your individual requirements. You can email me at alison.marsden22@gmail.com.

Initially use white sauerkraut (people are sometimes put off with the colour of red cabbage) or use a combination of white cabbage and carrot. White cabbage also has far more liquid in.

Level 1 - Drink the liquid only (1 teaspoon a day) before breakfast away from food. If you do not like the taste it can be drunk with fruit juice. Monitor your bowels. If your bowels get too loose or windy reduce the quantity.

Level 2 - If your bowels are OK with Level 1 gradually increase the quantity up to 3 teaspoons of liquid a day ***before*** food.

Level 3 - start eating 1 teaspoon of the solids per day with your normal meals. Again monitor your bowels. Reduce if necessary.

Level 4 - Once you are OK with the solid part of the sauerkraut you can eat up to half a mug 3 times a day. Use it as a condiment instead of mayonnaise, tomato sauce, vinegar etc. As you use it as a condiment you may like to progress to red cabbage to add a great colour to your meal.

People vary so much with their bowels. Some people can go to level 4 after only a few days, some people stay on level 1 for a year. Adjust accordingly to your change of environment, time of the month and season.

Why do people's bowels vary so much? Your micro flora is 'inherited' from your parents, via birth and the first few years of your life. Being vaginally born at home and breast fed by a mother who eats organic food, who has rarely had antibiotics and has a healthy diet will give you a good start to a healthy internal ecology. This varies dramatically from person to person as the other extreme is being born at hospital, given antibiotics within the first few days of birth, not being breast fed and having parents who have an unhealthy diet and an obsession with cleaning with disinfectants and chemicals. Getting to know the internal 'weather' of your micro flora can be a useful skill in cultivating your immune system. It can take a few years for your micro flora to be replenished if it is depleted. It takes 5 years for a soil to be certified organic as the chemicals are cleared away and the natural soil fertility develops. Thinking long term will give you a good investment into your own health.

5 benefits of sauerkraut:

It is loaded with good micro flora (making digestion easier), cleanses your gut whilst you are eating (helping you feel clean on the inside), has lots of vitamins (including the B group), is a good source of minerals (including iron, copper, sodium, magnesium, and calcium) is alkaline forming (helping you prevent cancer).

