

Simple, Delicious, Nutritious and Easy Sauerkraut!

Ingredients:

1/2 head of organic red cabbage
2 organic carrots
2 organic celery stalks
Other organic vegetables (broccoli, cauliflower, radish, beets, etc)
2 tsps salt (no iodized salt)
About 1 cup of filtered water (do not use chlorinated tap water)

Equipment:

Large mixing bowl
Large mouthed ½ gallon glass jar with lid (or something else to cover it)

Instructions:

Take the ½ head of cabbage and chop it into pieces (as you would for course coleslaw). Place the shredded cabbage in the large bowl and with clean hands “massage” the cabbage. Squeeze and try to breakdown the firm texture. Work it for about 5 minutes. Add 2 teaspoons of salt (more or less according to taste) and massage that into the mixture (it helps draw the moisture out of the vegetables). Nothing else need be added, but try chopping up carrots and celery stalks into bite sized chunks and adding them. Chop up most any other veggies you want to add too. Massage the entire mix and stir thoroughly.

Take the ½ gallon jar and add a handful of the slaw mixture to the jar. Press the mixture down into the jar somewhat forcefully. Continue in this way until you have about 3 inches of empty jar space remaining (for stirring room). Stop adding at this point and press the mixture firmly down again. Now add filtered water to the mixture until it reaches the top of the slaw. Cover the slaw with the lid, but do not tighten it on (this allows the CO2 to release from the jar as the bacteria begin fermentation). Leave the mix on the kitchen counter (the speed at which it will ferment is determined by the temperature of the kitchen), no need to refrigerate!

Everyday from now on, stir the top of the sauerkraut (which it will become) down under the waterline in the jar. No need to stir the entire mix and after 3 days begin to sample for taste. It should taste great and will for up several weeks in the jar! If you get to a point where you don't want the taste to change, simply refrigerate it.

Eat the sauerkraut as a side dish, on grilled tempeh sandwiches or alone anytime of the day. You can vary the mix of vegetables for each batch, but make sure to include a full head of red organic cabbage (red is far more nutritious than green cabbage). Start another batch in another jar before you finish the first one.

Enjoy this simple and delicious living food for the rest of your long healthy life :) Let me know how it goes or if you have any questions! jc@plantpeacedaily.org