

## SAUERKRAUT

from *Wild Fermentation*, by Sandor Katz

5 pounds of cabbage, white or red  
3 Tablespoons of sea salt

Remove the outer leaves of the cabbage and save them for later.

Chop or grate the cabbage either finely or coarsely. Place in a large bowl.

Sprinkle the salt on the cabbage as you go. The sea salt pulls out the water and juices from the cabbage. It also allows the crunch to stay in the cabbage as it ferments by inhibiting organisms and enzymes that soften it.

Optional:

Add other vegetables like onions, garlic, seaweed, burdock root, beets, apples, herbs, seeds (think celery or dill) and spices.

Mix ingredients together and pack into a crock. Pack just a bit into the crock at a time and tamp it down hard using your fists a tool with an end that can be pounded. This eliminates air spaces and forces the juices above the vegetables.

Cover with the saved outer leaves and place a plate on the top. Then weight it down with a jug of water. Place in a quiet corner in a warm spot. (The cooler it is the longer the fermentation process takes.)

Check it every day or two to see if it is OK. If foam, scum or mold appears remove it. Rinse the plate and let it set more.

When it is the sour flavor that you like, pack it into glass jars and refrigerate.

Enjoy this alive and vital sauerkraut with salads, as a side to a grain dish, or just by itself. You don't need much to start reinvigorating your body.