

Sauerkraut

½ large cabbage and set aside a couple whole leaves

2 c. water (give or take)

1-quart mason jar and a lid (preferably a plastic one so it doesn't corrode over time)

1 ½ T. Pink Himalayan salt or coarse sea salt

1 T. fresh fennel seed (optional)

Finely slice the cabbage. Place the cabbage and fennel seed in the quart mason jar until it is full up to the bottom of the neck of the jar. Stir the salt into 2 cups of water and let it dissolve. Once dissolved, add to the jar of cabbage. Add more water if you need until the water reaches ½ inch below the top of the jar. Add the large whole leaves to keep the rest of the cabbage under the liquid so it ferments well. Place the jar out of direct sunlight and in a location where the temperature is about 68-75 degrees. (Pantries are a great place for this, as long as they stay visible and not forgotten ;)

Check the jar daily. By day 2 you should start to see bubbles. After day 2, take the jar to the sink and loosen the lid to let some gas to escape once or twice a day. The sauerkraut should be ready within 4-10 days. The longer it sits, the tangier it will be. Once you reach the strength of tanginess you desire, place it in the fridge. It will keep for 2 months.

*The process of fermentation comes from bacteria such as lactobacillus, that eat the sugars in the vegetables and it converts the sugars into lactic acid. Sauerkraut is a wonderful, good probiotic for our gut.

Mix ins after the sauerkraut is made:

*(This is my uncle's favorite way to compliment his sauerkraut.)

1 Grated apple -softens the flavor in a lovely way.

½ onion grated

Mix with sauerkraut and enjoy as a side salad, a sandwich, or vegan sausage.

Recipe by Kelly Pomeroy