

SAXA Recipe Card



Sauerkraut

Ingredients:

- 1 x 1kg cabbage, hard core removed
- 2 tsp caraway seeds
- ¼ tsp juniper berries or allspice berries
- 2 bay leaves
- 1 tbsp SAXA Fine Sea Salt

Directions

1. Sterilise an earthenware crock or heavy, large glass jar.
2. Set aside 3 of the large, outside leaves of the cabbage and finely slice the rest.
3. Combine sliced cabbage, herbs and spices in a large bowl.
4. Layer cabbage with sprinkled salt in the crock or jar, pressing down well after each addition. Finish off with a sprinkle of salt and cover surface of the cabbage with the reserved cabbage leaves. Pierce the covering leaves a few times with a sharp knife.
5. Drape a piece of clean muslin or other cloth over the top of the crock and weight the cabbage with a clean plate that fits within the mouth of the crock or jar.
6. Store at a constant temperature of 15°C to 20°C in a cool pantry for example. Do not store outdoors when the nights are cool or cold.
7. Inspect the cabbage every few days and skim off any scum, then stir and replace cloth and weight so that the cabbage is submerged constantly in the brine that has formed.
8. When brine stops bubbling, which may take up to 3 weeks, transfer sauerkraut to sterilized jars, seal and store in the refrigerator. Store for up to 3 months.

Makes 1 kg

Prepare in 5 minutes

Ferment over 3 weeks