

# ANNA'S OLD-FASHIONED SAUERKRAUT

4 heads Cabbage

Sea salt

Optional: caraway, juniper berries, garlic, ginger, other veggies, cayenne, etc.

Wash hands and working surfaces *very well* before beginning (any bacteria will grow exponentially in the fermenting sauerkraut). Pull off large outer leaves of cabbage and set aside. Create your sauerkraut in layers:

- (1) Thinly slice 2/3 of your cabbage by hand and finely shred 1/3 in a food processor.
- (2) Add a 2-inch layer of sliced cabbage to a large wide-mouth jar or crock pot insert and sprinkle with about ¼ tsp. salt.
- (3) Add any optional ingredients.
- (4) Add a thin layer of finely shredded cabbage.
- (5) Punch cabbage down with your fist or a wooden or glass object (wine bottles work well, but be gentle – don't break it) until you feel some moisture from the cabbage. **Do not use anything metal** in the making of your sauerkraut, including containers, spoons, etc.
- (6) Repeat steps 1 thru 5 until you've used all your cabbage.

Put your sauerkraut container in a larger bowl to catch any liquid runoff (you can pour this liquid back over your cabbage during the reduction phase). Place the large whole cabbage leaves across the top of your sauerkraut, and load a heavy object on top to keep the fermenting sauerkraut compressed (in a crock pot insert, a plate with a jug of water on top of it works well). Cover with a clean cloth and keep your container in a warm, dark place for one week or more.

When it's fermented to your preferred taste and texture, refrigerate or keep in a cold area. Enjoy your raw sauerkraut, which is high in vitamin C, fiber and friendly cultures, *for months!*