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Sauerkraut

Sauerkraut, sour cabbage, is a German fermented cabbage dish. Raw cabbage is implicated in depressed thyroid functioning, while fermented cabbage and other traditionally fermented vegetables provide many health benefits, nutrients and have distinct healing powers particularly through providing beneficial bacteria.

Sauerkraut Recipe

- 1 litre glass jar with plastic lid or spring lid
- 1 Cabbage Medium sized (1kg)
- 1 tablespoon sea salt
- 4 tablespoons of whey (strained from yoghurt or kefir) or simply add another tablespoon of salt.)
- 1 tablespoon of carraway seeds or fresh chopped dill.

Grate or shred cabbage with a hand grater or process in a food processor, then mix in a large food grade plastic bucket (get them at a hardware store) with the salt and Kefir whey. Pound cabbage with a meat mallet or wooden pounder of some kind until you get lots of juice. Press the mixture into a clean glass jar using a wooden spoon. Press firmly until the juice rises to the top and covers the mixture, which it will do when it is pounded enough. Leave at least one inch or more of space at the top of the jar to allow for expansion.

Cover the kraut and store the jar in a cupboard for 3-5 days (depending on the ambient temperature) before transferring to the refrigerator. The sauerkraut may be consumed after a couple of weeks in the fridge, though the flavour tends to develop more over time. It will keep indefinitely. It is great served with meats and as a condiment.

