

Fermented Sauerkraut

This is a living, breathing food that will nourish your gut and brain, help you digest and eliminate, and tastes amazing. It's cheap and easy.

1. Remove the rusty or spotty outer leaves of the cabbage and discard.
2. Remove the next layer and save for later.
3. Wash hands, knives, cutting boards, bowl, countertop very well.
4. Weigh your big bowl and make a note of the weight, in grams ideally.
5. Chop the cabbage into about 1 inch pieces. Having pieces of uniform size is important.
6. Discard the chunky white core of the cabbage.
7. Weigh your big bowl with the cabbage in it.
8. Subtract the weight of the bowl, which you made a note of before. You now have the weight of your chopped cabbage.
9. Multiply the weight of the chopped cabbage by .02. This is how much salt you will use.
10. Example:
 - My bowl is 800 grams
 - My bowl plus cabbage is 2640 grams
 - My cabbage is therefore $2640 - 800 = 1840$
 - $1840 \times .02 = 37$ (ish)
 - My salt needs to be about 37 grams
11. Add the salt to the cabbage.
12. Use your hands to mix the salt and the cabbage then “squunch” the cabbage by squeezing it and mixing it. You’re trying to break up the cabbage pieces and squeeze the water out of the cabbage.
13. After about 5 minutes of squunching, leave it alone for at least 20 minutes. Longer is OK! The salt will continue to pull water from the cabbage.

14. Using a pounder or a wooden spoon, pound the cabbage for 5 or 10 minutes, until the cabbage is tenderized and there's a nice puddle of water at the bottom of your bowl. This is the beginning of your brine!
15. Fill a jar about $\frac{3}{4}$ full of the cabbage, then use your pounder to press it firmly down. Tamp and compress it until it is tightly packed, and see the water being squeezed out of the cabbage.
16. Repeat this step until your jar is almost full of tightly packed cabbage. The brine should be covering the cabbage. If not, you need to pound longer.
17. Once the jar is almost full, fold one of your reserved outer leaves and put it on top, pressing down so that the brine covers everything.
18. Lid the jar and put the jar out of the sun at room temp for about 5 days.
19. Once a day, open the lid to let the gas escape. The lactobacilli are fermenting and that makes gas!
20. After about 5 days (some people leave it on the counter for WEEKS but I find that makes the kraut too mushy), put it in the fridge and let it be for about another week.
21. After that week, it's ready to eat and stays good in the fridge for many weeks, peaking in flavor and crunchiness about 2-3 weeks of fridge time.
22. It should be salty, tart, and crunchy as all get out.
23. Enjoy :)