

# Beet and Cabbage Sauerkraut



Prolong the life of your cabbage and beetroot by making some gut loving sauerkraut. With just a handful of ingredients and a jar...homemade sauerkraut has never been easier.

## **Ingredients**

- 100 g beetroot
- 500 g green cabbage
- 5 small pieces dried kelp (kombu)
- 20 g sea salt
- 1 1/2 tsp caraway seeds
- 2 tsp ginger, grated

## **Method:**

1. Grate the beetroot and thinly slice the cabbage with a mandolin or finely shred in a food processor.
2. In a large bowl add the caraway, ginger, kelp and salt to the cabbage and beetroot. Using clean hands mix all the ingredients together, kneading and squeezing for 5-10 minutes until the liquid

from the cabbage and beetroot is released.

3. Transfer the cabbage mix and all the liquid into a glass container or a ceramic crock - pack it down tightly and place a weight on top ensuring that there is enough liquid to submerge the cabbage and beetroot. If there isn't enough liquid, the weight bearing down on the cabbage should release more liquid as more time passes. Close the glass jar, or cover with a clean tea towel or muslin cloth. Leave at room temperature in a cool dark place to ferment for up to 3 to 6 weeks. The longer the fermentation, the more sour and distinctive its flavour will become.