

Sauerkraut

1 whole cabbage

3 Tbs of sea salt per 2.5kg's of cabbage

Slice finely and put into a sturdy food grade bowl or bucket

Pound the cabbage

When juice starts to release from the cabbage place into a sterilised jar and press down with the muddler.

The cabbage should be 2-3 inches below the top of the jar and the cabbage juice should cover the cabbage by at least 1 inch

Leave to ferment for 4-5 days. The fermentation time is dependent on the temperature of the area that your jar is being stored. Ie: colder temperatures will take longer to ferment.

Keep out of direct sunlight as this will diminish the sensitive vitamin c qualities of your ferment.

Enjoy - yum