

BC CABBAGE SAUERKRAUT

Adapted from *Wild Fermentation* by Sandor Katz



INGREDIENTS

Cabbage	2 kg
Sea Salt	45 ml

DIRECTIONS

1. Chop or grate cabbage
2. Sprinkle salt on cabbage as you go. The salt draws water out of the cabbage (through osmosis) creating a brine in which the cabbage will ferment and sour without rotting.
3. Mix ingredients together and pack tightly into crock or food-grade plastic bucket.
4. Place weight to force water out of the cabbage (we used two large plastic buckets, one with cabbage, the other filled with water placed on top)
5. Leave covered with a cloth to ferment.
6. Check every day or two. The sauerkraut is under anaerobic protection of the brine.

