

EASTERN EUROPEAN SAUERKRAUT

INGREDIENTS

2lbs green cabbage, shredded (1 large cabbage)
250 grams carrots, grated (about 3 carrots)
1 yellow or red onion, minced
250 gram beets, peeled and grated (1 medium beet)
1 green apple, grated
1 teaspoon caraway seeds
1 teaspoon black pepper powder
2 tablespoons salt (2.5% of the total weight of the vegetables)
Spices (to taste)

EQUIPMENT

2 x 1 pint glass jars
Reusable lids (recommended)
Fermentation weights

INSTRUCTIONS

Shred the cabbage and mince the onion. Grate the carrot, beet and apple. Place in a large bowl. Add salt, pepper, caraway seeds and spices and mix well.

Massage for several minutes, until the brine comes out of the vegetables (or let stand for fifteen minutes after mixing the salt).

Compress everything into your jar. Cover with a fermentation weight or a reserved cabbage leaf to keep the vegetables under the brine of the vegetables.

Close the lids while allowing the air to come out. Ferment it for three to six weeks, to taste. After the first opening, store in the refrigerator.