

Fermented Food

Sauerkraut

Sauerkraut is spontaneous fermentation of cabbage by lactic acid bacteria. It has a sour, sharp taste. Many variations are now produced, containing many different ingredients.

Ingredients

- Cabbage (white or red)
- Salt (approx. 6 grams for every kg of veg)



Equipment

- Bowl
- Cloth
- Weight
- Grater
- Glass jar

Sauerkraut contains many species of bacteria that are related to probiotic strains. It also contains a lot of plant fibre (prebiotics). This potentially makes sauerkraut a synbiotic (both pro- and prebiotic)



For more info check out : @pharmabiotic, @leechfish
#MindYourMicrobes

Background

Sauerkraut originated in China and was initially fermented in rice wine. When the Tartars brought it to Europe, they swapped the rice wine for salt. The name sauerkraut is German, and literally means “sour herb/cabbage”. Sauerkraut is rich in Lactic acid bacteria, such as *Lactobacillus plantarum*, which ferment the sugars present in the cabbage giving the sour taste. Sauerkraut is high in vitamin C, calcium, potassium, phosphorus, thiamin, riboflavin and niacin. Historically, before refrigeration, Sauerkraut and other fermented foods provided a source of nutrients during winter months.

Procedure

1. Grate the cabbage into a bowl
2. Mix in salt
3. Knead well (or pound with a potato masher)
4. Place a weight on top of cabbage
5. Leave for 10 minutes
6. Place cabbage and liquid in a very clean, dry jar. Press down with a weight to ensure all cabbage is submerged
7. Cover with cloth, leave for 5 days at room temp
8. Store in fridge after fermentation and consume within 6 months



Alternative Ingredients

As well as cabbage, why not add grated radishes and carrots too. Or try adding chopped onions or peppers to the fermentation. Chilli peppers can add a spicy kick.

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