



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

GOLDEN SAUERKRAUT

Thank you to greenkitchenstories.com for this recipe and picture.

Ingredients

- 1 medium green cabbage (1kg)
- 400 grams carrots
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, minced
- ½ tablespoon fresh grated turmeric (optional)
- 1 tablespoon ground turmeric
- 1 teaspoon caraway seeds
- 1 teaspoon fennel seeds
- 1 tablespoon sea salt





The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

Method

Rinse the cabbage and carrots to remove any dirt, then finely slice the cabbage and grate the carrots. Remove and set aside the hard core of the cabbage, along with one whole outer cabbage leaf (this will be later used to weigh down the mixture into the brine).

Place all ingredients (minus the cabbage core and outer leaf) in a large mixing bowl. Use your hands to mix and massage the ingredients until it starts to get soft and juicy. The vegetables should release quite a lot of juice, if not, just add some more salt.

Sterilise one large glass jar or two medium glass jars (jars must be airtight and preferably with a flip top lock-on lid). To sterilise jars, simply wash them thoroughly and rinse well with boiling water. No need to boil jars for any length of time.

Use your hand to transfer the mixture into the sterilised glass jar. Use your fist to pack down the mixture frequently. Keep filling the jar and packing down until the jar is nearly full and covered in brine. There should be approximately 1 to 2cm of brine completely covering the mixture near the top of the jar and a further 2cm of space between the juice and the lid. Place the whole folded cabbage leaf on top of the mixture, followed by the core and quickly close the lid. Ensure that the weight of the cabbage leaf and core is pushing the mixture below the brine (ie mixture is completely covered in brine).

Leave the jar to ferment at room temperature (preferably in a dark spot), for 2 to 4 weeks, depending on temperature. Every day or two, undo the flip top lock slightly and quickly release some air from the jar, without opening the lid completely. This process of slightly opening and closing the lid should take only a few seconds.

After approximately 2 weeks, taste the ferment using a clean spoon to confirm whether it has reached its desired level of fermenting. Once this is achieved, remove the cabbage core and folded leaf, and store the jar in the fridge for up to two months. If the top of the ferment develops a little mould or discolouration, simply remove it using a clean spoon and the remainder of the ferment should be unaffected.

Enjoy regularly as a small side with your favourite meal!

Jane

