



Sauerkraut

Ingredients:

- 1 medium head of cabbage
- 1 tbsp. caraway seeds
- 1½ tbsp. unrefined salt.

Directions:

1. In a bowl, mix cabbage with caraway seeds, salt and whey.
2. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices.
3. Place in a quart size wide mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage.
4. The top of the cabbage should be at least one inch below the top of the jar.
5. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.
6. The sauerkraut may be eaten immediately, but it improves with age.

Servings: Measure your cabbage for your daily select veggies!

Fun fact: Lacto-fermented vegetables increase in flavor with time according to the experts. Sauerkraut needs at least 6 months to fully mature. But they also can be eaten immediately after the initial fermentation at room temperature. Some lacto-fermented products may get bubbly, this is natural and no cause for concern. The occasional batch that goes bad presents no danger – the smell would be so awful that nothing could persuade you to eat it. The sign of successful lacto-fermentation is that the vegetables and fruits remained preserved over several weeks or months of cold storage. Lacto-fermented vegetables are not meant to be eaten in larger quantities but as condiments. They go beautifully with meats and fish. They are easy to prepare and they confer health benefits that cannot be underestimated. – Diane Christopher, NTP

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