

Sauerkraut

Ingredients:

1 medium head of cabbage
1-2 Tbsp sea salt

Method:

Thinly slice the cabbage and place in a large bowl, layering with the salt.

Knead with your hands until the cabbage starts to form juice. This will take several minutes.

Place the cabbage into a jar and press down until the cabbage is covered in its natural brine. You can add a little water if need be. The cabbage must stay covered in the brine.

Cover with an airlock lid, or used a coffee filter, or kitchen towel secured with a rubber band.

Store at room temperature for about two weeks, or until desired taste is reached. If mould forms at the top, remove and press the cabbage further into the brine.

When ready, move to the fridge, where it will last several months.

You can also add other vegetables, such as beetroot, carrot, onion, garlic, celery, radish, turnips or chillies. Herbs and spices can be added even fruits for a change!