



# Classic Sauerkraut

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## Ingredients

700gm of shredded cabbage and carrot  
(can purchase as ready cut coleslaw mix  
for convenience)

14gm fine Kalahari Desert Salt

Fresh dill

Caraway seeds

Juniper Berries

## Instructions

- Thinly slice/shred/grate the cabbage and carrot.
- Chop up a handful of fresh dill
- Using a big glass bowl layer the shredded cabbage and carrot mix sprinkling with fresh dill, caraway seeds and salt
- Once all salt and dill is used, with clean hands, mix and massage the vegetables to start getting the salt to draw out the liquids. Grab handfuls, massage and scrunch until all combined.
- Cover with a tea towel and leave on counter top to draw the liquids out for a couple of hours.
- When ready spoon the mix little by little squashing it down compactly in the jars and dot in a couple of juniper berries along the way. Use up to 6 or 9 per jar
- It's important to really compact the vegetables to exclude as much air as possible. I find it useful to use the end of a rolling pin to really squash it down.
- Pour any left over brine juices into the jars. Make sure it covers the vegetables. If you need a little more, mix 50 ml of mineral water (not from tap) and 1 gm of salt. Leave at least an inch of space to the top of the jar as it will bubble and expand as it ferments
- Screw airtight lids on jars and place in a cool spot out of direct sunlight.
- Check the jars everyday, open the lid and press down the contents then reseal.
- Allow to ferment for 2 weeks. Set a reminder on your phone.
- Once it has finished fermenting, transfer to the fridge to slow down the fermenting.
- As long as its covered in brine and sealed it will last for months in the fridge.

Sauerkraut is so good for restoring the balance of your gut microbiome. It is packed with probiotics that support and improve digestion and nutrient absorption, especially useful after anti-biotics. Start slowly if you aren't used to fermented foods. Start with a teaspoon and work up to a tablespoon or two with meals.