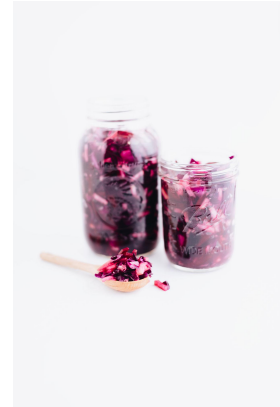


A simple yet flavorful small batch beet and cabbage sauerkraut recipe that is packed with probiotics and beneficial bacteria.

Prep Time: 20 minutes Yield: 30+ servings

Ingredients

- 1 small red cabbage (finely shredded or chopped)
- 2 medium raw beets (finely shredded or chopped)
- 1 inch ginger root (grated)
- 3 cloves garlic (optional) (grated)
- 1 medium red apple (honeycrisp) or pear (finely chopped)
- 2 tsp celtic sea salt



Directions

1. Prepare ingredients by finely chopped / mandolin sliced cabbage and raw beets.
2. Sterilize any equipment that you will be using (i.e. mason jars) to allow for proper fermentation. You can do this by pouring boiling water over clean jars/lids and drying completely. Allow the temperature to come back to room temperature before adding ingredients.
3. To a large mixing bowl, add the finely shredded cabbage and top with salt. Wash hands thoroughly and massage cabbage for ten minutes. You will notice when to stop massaging the cabbage when it starts to soften, shrink in size, and release water.
4. Add shredded beets, ginger, garlic, and apple and massage once more with clean hands for an additional 5 minutes. Taste test and adjust flavor, grated ginger for more zing, salt for more saltiness, or garlic for more garlicky flavor.
5. Place mixture and juice in sterilized mason jars and pack it down with a muddler or with the end of a wooden spoon.
6. If there is not enough liquid to cover, mix one tsp sea salt with 1 cup filtered water and fill until the mixture is submerged - leaving at least an inch of space at the top of the jar.
7. Cover the jar loosely with the lid and transfer on a pan or bowl (for catching any liquid during the fermentation process)
8. Place in a dark place (out of direct sunlight) (ideally 65 degrees F). Fermentation may take longer if room temperature is on the colder side.
9. Check for activity (tiny bubbles should rise to the top) after 3-4 days. The longer it sits and ferments (up to 2-3 weeks), the tangier it will become, so sample occasionally with a clean utensil. Once it has reached the desired tanginess, cover securely and transfer to the fridge when ready to eat.
10. Sauerkraut should be kept in the fridge for at least 3-6 months.

Notes

- Liquid will naturally seep out during the first few days of fermentation as carbon dioxide - bubbles will be produced. That is why it's best to sit your jars in a pan or bowl!
- You need the natural bacteria from a whole cabbage so please do not use pre-shredded cabbage.
- Any cabbage that is exposed to air will likely get moldy. Feel free to remove the mold if it is just on the top, you likely can salvage the rest. Always trust your sense of smell though. Fermented

cabbage mixture should smell pleasantly sour. Never eat anything that smells yeasty or frankly repulsive.