

## Sides/Sauerkraut

A: 1kg cabbage (up to 2kg)

B: 22g salt (1g per 45g cabbage)

C: 2t mustard seed

2t caraway seed

2t garlic powder

1. Core and slice (A) thin. Add (B) in large bowl and knead with hands well. Let rest for 20 minutes and knead again.
2. Add (C) and pack in airtight fermentation vessel. Push down so that natural juices cover all solids, adding glass weights as needed. Let ferment for 2 weeks. This recipe is adapted from an episode of "It's alive" by Brad Leone.

Servings: 24

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*From the kitchen of David and Jennifer Deaven*