

Best Salt & How Much Salt for Making Fermented Sauerkraut

MakeSauerkraut

MINERAL-RICH SALTS

Think of salt as you would any other food you would put on the table, or in your ferments. An ideal salt for fermenting is whole, unrefined and full of natural vitamins and minerals. These are the best salts for fermenting and will make your sauerkraut even more nutritious due to their mineral profile.



Himalayan Pink Salt — *My Favorite*

- Mined from deep in the Himalayan Mountains; crystallized more than 200 million years ago.
- Contains more than 84 trace minerals
- No additives or aluminum compounds commonly found in refined table salt.
- **Found in health food stores. I order mine from [SaltWorks](#).**



Himalayan Pink Salt — *Also a Good One*

- From an ancient sea bed in Central Utah.
- More than 60 trace minerals.
- **Found in health food stores and even in many standard grocery stores.**



Grey Sea Salt — *Another Favorite of Fermenters*

- From clay lined salt ponds.
- High moisture and mineral content.
- Hand-harvested according to centuries-old Celtic methods; often called Celtic Sea Salt.
- **Found in health food stores. I order mine from [SaltWorks](#).**

If you're enjoying sauerkraut for the first time, start with just a forkful and gradually increase the amount until you're eating about 1/4 to 1/2 cup a day. Koreans consume 1 quart of sauerkraut weekly; Americans 1 quart annually!

PROCESSED SALTS

The white stuff in your shaker on the table; highly refined. The product of an industrial process that uses chemicals and high temperatures to remove all the trace minerals naturally occurring in the sea or earth.



Table Salt or Iodized Salt — *Do NOT Use*

- Refined, minerals stripped out during processing.
- May contain additives: calcium silicate (free flowing), potassium iodide (for iodine deficiencies) and sugar.



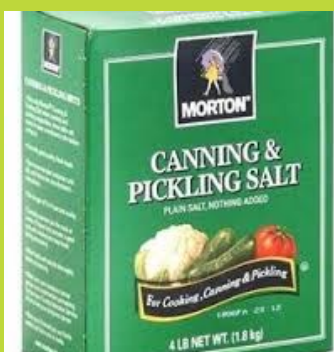
Industrial Sea Salt — *Check the Label for Additives*

- Highly refined, minerals stripped out during processing.
- Does not contain all of its minerals.
- Fine to use for fermenting if no additives-such as iodine-listed on the label.



Kosher Salt — *Not Recommended*

- Used to make meats Kosher (The size of its grain makes it perfect for drawing blood out of meat.)
- Larger crystals than table salt that don't dissolve as easily as a finer grain.
- Can contain anti-caking agents. Check the label.



Pickling Salt — *Works Fine*

- No additives or anti-caking agents.
- Fine grained.
- Pure granulated salt (sodium chloride).

Anyone, anywhere can ferment. It takes about \$5.00 of ingredients & equipment to make a few jars of sauerkraut.

WHY USE SALT?

Salt pulls water out of the cabbage and vegetables to create a brine that the cabbage mixture is packed in. This briny environment is where the good bacteria (mainly *lactobacillus*) can grow and proliferate and the bad bacteria die off. The success of your lacto-fermented sauerkraut depends on using the proper amount of salt for the quantity of vegetables you're fermenting. Salt:

- Slows the fermentation process.
- Inhibits unwanted bacteria and mold.
- Pulls water out of vegetables
- Gives salt-tolerant bacteria an advantage.



HOW MUCH SALT?

The best fermentation results are achieved with a 2% brine. A 2% brine ratio ensures a happy fermentation environment and results in crispy, tangy sauerkraut. You will need a scale to weigh your cabbage and vegetables. More stores carry a decent one for around \$20. Buy one, you'll be happy you did.



HOW MUCH SALT?



1 Tbsp salt for 1 $\frac{3}{4}$ pounds vegetables OR
3 Tbsp salt for 5 pounds vegetables

ADDING ADDITIONAL BRINE

Sometimes, if the cabbage you are using is very dry, you may not have enough brine in your fermentation vessel to cover the cabbage. To add more brine, mix the following and pour over your ferment:

1 TBLSP SALT WITH 2 CUPS WATER



Learning to ferment opens people's minds to the possibility that they can provide for themselves in other ways they haven't ventured into yet. It's empowering. -Shivani Arjuna.