



Firecracker Sauerkraut

Turn Up the Heat to Your Liking

INGREDIENTS

Makes 1 quart of sauerkraut teeming with trillions of mighty microbes.

- 1/4 medium red onion, thinly sliced
- 1-3 jalapeno peppers, seeded and sliced (See Page 14)
- 1 teaspoon dried oregano
- 1 teaspoon cumin seeds
- 1/4 teaspoon dried red pepper flakes
- 1 medium head fresh cabbage
- 1 tablespoon salt



Sensitive Hands?

Wear gloves when mixing.

DIRECTIONS

1. **SET UP.** Place your bowl on the scale. Either zero out the scale or write down the Tare weight of your bowl.
2. **CHOP.** Prep your red onion and jalapeno pepper(s) and add to your bowl along with the dried oregano, cumin seeds and red pepper flakes. Set aside a clean cabbage leaf for use in Step 5. Quarter the cabbage, leaving the core in, and finely slice. Add sliced cabbage to your bowl until the weight of the vegetables and cabbage is **1 3/4 pounds (28 ounces, 800 grams)**.
3. **SALT.** Sprinkle with 1 tablespoon salt. Mix until salt is well dispersed. Now's a good time to let the salt do its magic while you sip a cup of tea and tidy up the kitchen. Then, massage the cabbage with strong hands until moist, thus creating your brine.
4. **PACK** into a quart-sized (liter-sized), wide-mouth mason jar, pressing cabbage down tightly with your fist or a large spoon. The salty brine will rise to the top. Leave 1-2 inches of space between the top of your cabbage and the top of the jar.
5. **SUBMERGE.** Take the cabbage leaf saved in Step 1, tear it to just fit inside the jar and place it on top of the cabbage mixture in the jar. Then, add a 4-ounce (125 ml) jar (no lid) or other weight to hold the cabbage below the brine. Lightly screw on lid. Write the date and flavor on the lid. Don't forget to wash the hot pepper oils off your hands!
6. **FERMENT.** Place in a shallow bowl on your kitchen counter, out of direct sunlight to ferment for 1-4 weeks.
7. **STORE.** Open the jar, remove the little jar or weight and enjoy a tasty morsel. Firmly screw on lid. Add the fermentation length to the lid and put in your refrigerator. The sauerkraut may be eaten immediately, but will increase in flavor with time. Sauerkraut can be kept in your refrigerator for up to a year.
ENJOY as a simple condiment or try one of the suggested Gourmet Pairing Options.





Consider fermenting vegetables as a group activity. Enlist the kids, your significant other, friends, and guest to chop, slice, or grate; salt and massage, pound, or press vegetables into a crock. No experience is necessary, so even the youngest member can participate. And for the I-don't like-kraut set, they're sure to at least taste the ferment they helped make.

- Kirsten K. Shockey & Christopher Shockey in [Fermented Vegetables](#)

Prepping Jalapenos

How Much Heat Do You Want?



With peppers, the heat is in the seeds *and* the inner membrane. Vary the heat by how many jalapenos you use and how many seeds you leave in. As for me? One jalapeno with seeds and membrane removed. My husband? Three jalapenos, no seeds or membrane removed.

If you don't like super hot & spicy foods, use just one jalapeno, cut off the stem and slice lengthwise. You might want to wear a glove for this, or be careful and wash your hands well after. With the tip of a knife, or a small spoon, scrape the seeds out. To remove even more heat, also scrape out the inner pithy membrane.

If you like the heat, use three jalapenos, cut off the stem, leave in the seeds and inner membrane, then slice the jalapeno into 1/8 inch slices.

Buying & Benefits: Jalapenos and Onions

Jalapenos. When purchasing, look for jalapenos that have firm, glossy skin with no cracks or signs of decay. To store, wrap in a paper towel or put in a paper bag and keep in your refrigerator until ready to use.

Onions. When purchasing, look for onions that are firm, not mushy, and try to avoid onions that have sprouted.

A cool fact about onions: Inulin found in onions acts as a pre-biotic. In your ferment, they help kick start the fermentation process. In your gut, they feed the microorganisms already there.



Gourmet Pairing Options: Firecracker Sauerkraut

Topping for Tacos



Missing from these tacos? Firecracker Sauerkraut. Be sure to add a forkful or two.

Goes Well With:

Mexican Cuisine
Thai Cuisine
Pulled Pork

Or, just before serving, stir into a chicken or Thai soup, along with some sour cream.