



# Dilly Delight Sauerkraut

## Simple

### INGREDIENTS

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

1 tablespoon dried dill OR  
2-3 tablespoons fresh dill, finely chopped

1 medium head fresh cabbage  
1 tablespoon salt

### 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.** Add the dill to your bowl. 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 dill 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.
- 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.





Fermentation can be a wonderfully creative hobby that allows you to spread your culinary wings and discover food and flavor combinations that will not only enhance any meal but keep your body in fighting form.

- Jill Ciciarelli in [\*Fermented: a Four-Season Approach to Paleo Probiotic Foods\*](#)

## Know Your Cabbage

You can use any variety of cabbage in your sauerkraut: Green, Red, Napa (Chinese) or Savoy. They each add their own unique characteristics to a sauerkraut.



**Green Cabbage** is my favorite when it comes to making sauerkraut. This king of the cabbage world has wide fan-like leaves that are pale green in color and hold together well through the fermentation process. Green cabbage has a nice texture, and retains most of its crunch throughout the fermentation process.



**Red Cabbage**, though similar to green cabbage, is a tad-bit deeper and earthier in flavor with tougher leaves. Red cabbage takes a bit longer to ferment than the traditional green cabbage. Bonus: The red from its leaves imparts a beautiful color to your sauerkraut.



**Napa (Chinese) Cabbage.** This oblong-shaped cabbage is milder and sweeter than green cabbage. It has white stalks and crinkly, light yellow to pale green leaves. Napa cabbage is traditionally grown all over Asia and is prized for its soft, fleshy, juicy leaves which form the core of any Kimchi recipe.

Kimchi, a spicy Korean version of sauerkraut, is traditionally made with Napa cabbage, cut into large chunks instead of the thin slivers in the sauerkraut recipes I share. In Korea, Kimchi is a staple food eaten with every meal.



**Savoy Cabbage** is a beautiful cabbage with textured leaves in a rainbow of colors. Shaped like green cabbage but with tender, deeply crinkled leaves that will ferment quicker.

## Gourmet Pairing Options: Dilly Delight Sauerkraut

### Alongside Fish



Cook up a piece of fish to serve with Dilly Delight Sauerkraut. Top with some freshly chopped cilantro.

### Dilly Delight Sauerkraut Inspiration:

Include Dilly Delight Sauerkraut—and some bacon—in your favorite potato salad recipe.

Add to an omelet and top with some Feta cheese.

Or, stir into a hearty bean or beef stew, just before serving.