



Ginger Carrot Sauerkraut

Sweet & Spicy

INGREDIENTS

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

- 2-3 carrots, peeled and grated
- 1-2 inch piece fresh ginger root, peeled and finely grated
- 2-3 garlic cloves, finely minced

- 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.** Prep your carrots, ginger and garlic and add 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 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.
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.





‘All disease begins in the gut.’ (Hippocrates). What does this mean? At the time I had no idea, but I wanted to find out. In fact, it became my mission.

What I learned is that eating cultured foods floods your body with billions of good bacteria that help balance your gut, which allows your body to heal itself. And this is exactly what I want for you.

- Donna Schwenk in [Cultured Food for Health](#)

Working with Ginger



When purchasing ginger, look for tubes that feel heavy for their size with smooth skin and a spicy fragrance.

To always have “fresh”

ginger on hand, I store it in my freezer. I just put the whole root, unwrapped in my freezer door.

Grate it using the fine side of your grater. The peel is left on the outside of the grater box and the minced ginger sits in a nice pile on your cutting board ready to be scraped into your sauerkraut mixing bowl.

Fermenting with Carrots

Carrots add a pleasant sweetness to ferments. My recipes usually call for 2-3 carrots, which works fine.

Feel free to add more, but if you add too many carrots, your sauerkraut fermentation may become unbalanced.

So, if you find your sauerkraut turning out slimy, cut back on the number of carrots you use.



Gourmet Pairing Options: Ginger Carrot Sauerkraut

Apple Ginger Salad. Use Ginger Carrot Sauerkraut to make a quick and delicious kid-friendly salad. Toss together:



- Ginger Carrot Sauerkraut
- Cubed apple
- Cheddar cheese chunks
- Toasted walnuts

Top with:

Honey Dressing

- 2 tablespoons honey
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar