



Passion Pink Sauerkraut

Nutritious, Versatile and... Delish!

INGREDIENTS

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

2-3 medium beets, peeled and grated
 2-3 garlic cloves, finely minced
 1 teaspoon caraway seeds

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 beets and garlic and add to your bowl along with the caraway seeds. 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.
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.





There is no question that dangerous strains of bacteria exist, but on the whole bacteria are not our enemies. The more we learn through scientific study, the more it becomes apparent that bacteria are an essential part of human life. Painting all bacteria with the same brush appears to have lead us down the wrong path. If our bodies were sterile it would be difficult or, more likely, impossible for us to survive—one very good reason to set aside any remaining fear of bacteria.

- Amanda Feifer in [Ferment Your Vegetables](#)

Benefits of Beets



There are many reasons to include beets in your sauerkraut. Not only are beets extremely nutritious, but they happen to be tasty and they impart a beautiful color to your ferment. In addition:

Beets are high in many vitamins and minerals. Potassium, magnesium, phosphorus, iron, vitamins A, B and C, beta-carotene and folic acid to name a few.

Beets cleanse the body. They are a wonderful tonic for the liver and act as a blood purifier.

Beets boost your mental health. They contain tryptophan to relax the mind and create a sense of well-being much like chocolate.

All About Caraway Seeds

Caraway seeds are highly aromatic and have properties similar to anise and fennel. The “seed” is actually the fruit of a tall, feathery plant.

Caraway seeds are commonly used in Indian dishes and are also used to flavor breads—notably rye, alcohol, cake, cheese and of course, sauerkraut.



Caraway seeds help to relieve gas and are very soothing to the digestive tract.

Gourmet Pairing Options: Passion Pink Sauerkraut

Passion Pink and Apple Tabbouleh

Cook up a cup of bulgur and mix some with:
 Passion Pink Sauerkraut
 Diced Granny Smith apple
 Finely sliced fresh basil
 Splash of olive oil
 Pinch of salt



Oranges and Beets Salad

Mix together an orange peeled and cut into bite-sized wedges, Passion Pink Sauerkraut, crumbled Feta cheese and fresh mint. Delish!