



Sweet Garlic Sauerkraut

Sweet, Tangy & Kid Friendly

INGREDIENTS

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

2-3 carrots, peeled and grated
1-2 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 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.

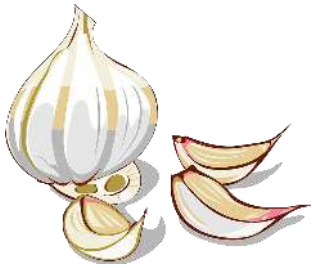




If there is a culture that does not practice some fermentation of food or drink, anthropologists have yet to discover it. Fermentation would appear to be a cultural universal, and remains one of the most important ways that food is processed. Even today, as much as a third of the food in the world’s diet is produced in a process involving fermentation. Many of these foods and drinks happen to be among the most cherished. Coffee, chocolate, vanilla, bread, cheese, wine and beer, yogurt, ketchup and most other condiments, vinegar, soy sauce, miso, certain teas, corned beef and pastrami, prosciutto and salami—all depend on fermentation. Basically, it’s all the really good stuff.

- Michael Pollan in [*Cooked, A Natural History of Transformation*](#)

Working with Garlic



When buying garlic, look for heads that feel heavy for their size enclosed in dry papery layers.

Pick up the garlic head and give it a squeeze. It

should feel firm and not hollow or dehydrated. Select bulbs that don’t have sprouts forming.

Love Your Garlic? Too much garlic can turn your sauerkraut bitter. Start with 2-3 cloves and gradually increase in subsequent batches until you hit upon the desired flavor.

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 be careful. 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: Sweet Garlic Sauerkraut

Quick Condiment. When you’re new to sauerkraut, the easiest way to eat it is as a side dish. Just put a forkful or two on your plate and enjoy with your meal.

Hearty Salad. Use Sweet Garlic Sauerkraut to make a quick and delicious salad. Drizzle olive oil and rice vinegar (or whatever you have) over the following:



- Shredded lettuce
- Sweet Garlic Sauerkraut
- Grated cheese
- Canned tuna, salmon or sardines
- Toasted almonds and a pinch of salt

A Fun Noodle Snack.

Fresh cooked pasta, soy sauce, Sweet Garlic Sauerkraut mixed together with some grated Parmesan and a few nuts for some crunch.