

CABBAGE



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Carrot Sauerkraut

INGREDIENTS

- 1 small head of cabbage, finely shredded (save one large leaf)
- 1 large carrot, peeled and shredded
- 1 white onion, shredded OR 1 leek, chopped
- 2-3 TBSP fine sea salt

Sauerkraut makes a tasty topping on sandwiches, salads, and soups. Serve sauerkraut alongside your breakfast hash and eggs.

PEAK SEASON

July–October

DIRECTIONS

- 1** Mix vegetables together in one bowl.
- 2** Sprinkle the salt evenly across all vegetables and let it sit for 30 minutes.
- 3** With clean hands, squeeze or lightly pound the mixture for several minutes. The goal is to squeeze until the cabbage becomes limp and the mixture is submerged in cabbage juice.
- 4** Pack the softened vegetable mixture into a glass quart jar. Press to submerge completely underneath the liquid.
- 5** Place the reserved cabbage leaf over the sauerkraut mixture, tucking the edges down into the jar and pressing the cabbage leaf down so that liquid fully covers the leaf. Leave approximately an inch of space between the sauerkraut and top of the jar.
- 6** Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
- 7** Leave vegetable mixture to ferment at room temperature for 2 to 4 weeks. 60°F to 70°F is ideal. If using a tight lid, burp daily for the first 3-4 days to release pressure.
- 8** Place jar in a bowl or on a towel, as it may leak while the fermenting juice bubble.
- 9** Once the flavor of the sauerkraut is to your liking, put a tight lid on the jar and refrigerate.

*Recipe provided by
Lindsay Hamby*

