



Apple & Juniper Berry Kraut



Simple Sweet Kraut

Ingredients

- 1.6 kg green cabbage
- 0.2kg purple cabbage
- 2 organic apples, peeled and cored and coarsely chopped
- 1 tablespoon juniper berries, crushed
- Salt to taste (Approx 20-30 grams)



Instructions

1. Remove outer leaves of cabbage (wash if necessary) and keep for later.
2. Remove the core and slice the cabbage.
3. Combine the cabbage, apples and juniper berries in a large bowl.
4. Sprinkle with some of the salt. Taste test as you proceed and salt to taste.
5. Massage and squeeze the mixture for about 5-10 minutes, until it drips like a wet sponge when squeezed between your hands. The goal here is to 'bruise' the veggies so that they release their juices.
6. Place the mixture, handful by handful, into a fermentation jar or crock. Push down after each addition to remove air pockets and to force the liquid to rise. It should cover the cabbage entirely, if not add more brine to cover.
7. Fill up to the shoulder, leaving 3-5cm for the mix to rise.
8. Place a clean folded outer cabbage leaf & a piece of carrot on top as a plug to hold the mixture under the brine juices. See notes below for alternatives.
9. Seal the jar and label with date.
10. Ferment on bench top out of direct sunlight for 7-14 days before transferring to the fridge where it will continue to ferment at a slower rate.



Notes

If there is insufficient juices for the mixture to be held under the juices/brine, add some additional 1½% salt brine. (15 grams of salt to 1 litre of filtered water)

In warmer weather an alternate type of plug may be required: small shot glass, glass or ceramic disk, boiled river rock or a snap lock bag filled with brine.

Suitable for winter and spring

