



# Apple & Juniper Berry Kraut



## Ingredients

- 5 kg cabbage (red and green cabbage)
- 2 or 3 organic apples, peeled and cored and coarsely chopped
- 2 tablespoons of caraway seeds
- 3 tablespoons juniper berries, crushed
- ¼ cup (72g) fine sea salt, divided
- 1-2% salt brine as needed



## Instructions

1. Combine the cabbage, apples, caraway seeds and juniper berries in a large bowl.
2. Sprinkle with the salt.
3. 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.
4. 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.
5. Fill up to the shoulder, leaving 2- 3cm for the mix to rise.
6. Place a clean folded outer cabbage leaf & a piece of carrot on top as a plug to hold the mixture under the brine juices.
7. Seal the jar and label with date.
8. Ferment on bench top out of direct light 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 1-2% salt brine. A good way to know when it is ready it to taste it during the fermentation process. Move to the fridge when you are happy with the taste.

Juniper berries have anti-inflammatory and diuretic properties. Because of this they are often of great help to those suffering from arthritis, gout and rheumatic disease.