

# RED SAUERKRAUT



## INGREDIENTS

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- 3 ½ cup red cabbage (~½ small cabbage), thinly chopped or shredded (i.e. you can also mix red and white cabbage)
  - 1 ½ cup beetroot (~1 large), peeled and grated
  - ½ cup onion (~½ medium onion), finely chopped or grated
  - 2 Tbsp whey or 1/2 tsp culture starter, optional\*
  - 1 Tbsp Himalayan or sea salt
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\*Note, the liquid that usually sits at the top of yogurt is whey.

Fermented kefir milk can also be used as a starter.

## DIRECTIONS

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1. Combine all of the ingredients in a bowl. Massage the sauerkraut mixture with your hands until enough liquid forms and the cabbage has wilted (i.e. few minutes).
2. Squeeze out the juice from the sauerkraut mixture and place it into a sealable glass jar. Be sure to firmly press the mixture down as you fill the jar along so that it is tightly packed.
3. Once the mixture is tightly packed in the jar, place a cabbage leaf on top to create a cover to “seal” the mixture from air.
4. Add the remaining liquid from the bowl into the jar so that it covers the sauerkraut mixture by at least 1 inch.
5. Seal the jar and place it in a cool, dark storage area for a few days. The longer it sits, the more friendly probiotic bacteria will form and the stronger it will taste.
6. After 3-5 days, store in the refrigerator and enjoy any time of day!