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Homemade Sauerkraut



Makes 1 liter

Ingredients:

- 1 medium cabbage, cored and shredded
- 1 tbsp caraway seeds
- 1 tbsp sea salt (preferable Himalaya salt)
- 4 tablespoons whey (if not available use an additional 1 tbsp salt)

1. In a bowl, mix cabbage with caraway seeds, sea salt and whey.
2. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices.



3. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or a meat hammer until juices come to the top of the cabbage.



4. The top of the cabbage should be at least 1 inch (ca.3 cm) below the top of the jar.
5. Cover tightly and keep at room temperature for about 3 day before transferring to cold storage.

Note: The sauerkraut may be eaten immediately, but it improves with age.

Iva's comment: My sauerkraut has been in the refrigerator for about 6 months. It gets better and better taste with age.

In Health

Iva