

# Sauerkraut

Learn to make traditional fermented sauerkraut at home with this easy recipe. Crispy, tangy, and packed with probiotics for better gut health.

20 min

PREP

20 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 cabbage
- 10 garlic
- 1 tsp chili flakes
- 2 lemon
- 1 tbsp chickpea
- 1 tbsp rock salt
- 1 tsp granulated sugar
- 4 bay leaf

## Instructions

- 1 Prepare the cabbage**

Remove the outer leaves from 1 large cabbage head and discard them. Rinse the cabbage under cold water and cut into thin strips about 1/4-inch wide using a sharp knife or mandoline.
- 2 Make the brine**

Dissolve 1 teaspoon salt in 2 cups warm water in a bowl, stirring until the salt completely disappears. Set aside and let cool to room temperature, about 15-20 minutes.
- 3 Layer the aromatics**

Place 2 bay leaves and 4 garlic cloves in the bottom of a clean 1-quart glass jar. Add the sliced cabbage on top, pressing it down firmly with clean hands to pack it tightly.
- 4** Sprinkle 1 tablespoon lemon juice, 1 tablespoon sugar, and 1 teaspoon red pepper flakes evenly over the packed cabbage.

- 5 Pour the cooled salt brine over the cabbage mixture until all vegetables are completely covered by at least 1 inch of liquid.
- 6 Place a clean weight, small plate, or zip-lock bag filled with water on top of the cabbage to keep it submerged. Cover the jar loosely with a lid or clean kitchen towel secured with a rubber band.
- 7 **Begin fermentation**

Store the jar at room temperature between 65-75°F (18-24°C) away from direct sunlight. Pour off the brine into a clean bowl, then immediately pour it back into the jar once daily to aerate the mixture.
- 8 Continue the daily aeration process for 10 days total. Taste the sauerkraut after day 5 to check the sourness level - it should become increasingly tangy as fermentation progresses.
- 9 Transfer the jar to the refrigerator once the sauerkraut reaches your desired level of tanginess. Store covered in its brine for up to 6 months, keeping the vegetables submerged at all times.

## Tips

Use only non-iodized salt for fermentation, as iodine can inhibit beneficial bacteria growth and affect the final flavor.

Keep vegetables submerged under brine throughout fermentation by using a clean weight or small plate to prevent mold formation.

Maintain consistent room temperature between 65-75°F for optimal fermentation speed and flavor development.

Taste your sauerkraut daily after day 5 to monitor progress and stop fermentation when it reaches your preferred sourness level.

Save some brine from each batch to jump-start your next fermentation, reducing the initial fermentation time by 2-3 days.

Use clean utensils every time you sample or transfer the sauerkraut to prevent introducing harmful bacteria.

Store finished sauerkraut in the refrigerator with its brine to slow fermentation and maintain optimal texture for months.