

# HOME MADE SAUERKRAUT

## INGREDIENTS

½ Red cabbage  
1 large Beetroot  
1 teaspoon fine salt (not iodized)  
Water  
Additional teaspoon of salt

## METHOD

Shred cabbage finely, discarding core  
Peel and grate beetroot (messy for the hands!)  
Mix in a large non-metallic bowl and rub the salt through thoroughly  
Cover and allow to marinate, stirring occasionally, for a few hours  
Put into a mason jar and press down firmly with a wooden spoon  
Cover with a cloth and leave on the counter for 24 hours.  
Make up 1 cup of water with the additional salt and add just enough to the mixture to cover the vegetables.  
Press down again.  
Cover and leave on the counter for up to 5 days, checking daily to make sure the vegetables are still covered by water.  
Sometimes, I partially fill a ziplock bag and place it on top, to make sure the vegetables are submerged.  
After 5 days, close the lid of the mason jar and refrigerate the sauerkraut.  
After another week it should be ready to eat, but the longer it keeps, the better the flavour and the more fermentation.  
Always make sure, when you remove some for eating, that all the remainder is submerged to deter mould from growing.  
In the unlikely even mould does grow, throw it out and start again. We only want good bacteria in our food!