



## **"The Local Buy" Recipe, Episode 402**

### **Basic Veggie Kraut**

*Courtesy of The Sweet Farm*

#### *Ingredients*

- 5 pounds vegetables. Cabbage is a good base, but you can use almost any veggie you like.
- 2-3 tablespoons sea salt (NOT table or iodized salt)
- Spice to taste (1-2 teaspoons). Some fun ones are caraway, mustard, black pepper, chilies, and seaweed. You can also use finely chopped fresh herbs.



This will make about a gallon of kraut. You can adjust the amounts to make more or less.

#### *Directions*

If using cabbage, wash and core cabbage. Wash other vegetables. You can peel root veggies if you like, but it is not necessary. Chop or grate cabbage and other vegetables, finely or coarsely, however you like it. Place cabbage in a large bowl as you chop it. Sprinkle salt on the cabbage as you go.

Once the veggies are chopped and salted, mix and pound with your fists or sturdy utensil like a potato masher or wooden mallet. This releases the juices from the cabbage to create a brine. If there is not enough brine, or if the brine is saltier than you like, add a little bit of water to the mixture.

Once well pounded, pack the mixture tightly into Mason jars or a small food-grade plastic bucket. Make sure the liquid comes above the solids. It is best to weigh the mixture down with a plate or smaller jar filled with water. You want to keep the level of brine above the level of the kraut solids. Put a lid on the kraut (loosely), cover it with a cloth, or place an airlock lid on it. Place your kraut jar in a cool place out of direct sunlight where you won't forget about it!

Check your kraut every few days. Skim off any mold or scum that forms on the top. If the solids have risen above the liquid, press it down again, and add a little bit of water if necessary. Taste the kraut after a week or two. If you like it, eat it! If you want it more sour, let it ferment longer. Some people like a young ferment and some like an old one. It's totally up to you. Once it reaches the taste you like, place the kraut in the fridge and enjoy!

For flavor ideas, books, and fermentation supplies. Visit [www.thesweetfarm.com](http://www.thesweetfarm.com)