

Basic Sauerkraut

A fermented preserve made for a homegrown cabbage glut

DIFFICULTY Easy

COURSE Condiment

CUISINE German-inspired

Keep the cabbage fully submerged under its brine at all times - exposure to air allows mould to grow. Use the salt ratio given; too little salt allows harmful bacteria to compete with the beneficial ones that make fermentation safe.



PREP
20 min



FERMENT
1-4 wks



TOTAL
~2 wks



SERVES
6



FREEZES WELL
No

01 Ingredients

- 1000g cabbage, finely shredded
- 20g non-iodised salt (2% of cabbage weight)
- 1 tsp caraway seeds (optional)

02 Method

1. Massage salt into shredded cabbage in a large bowl for 5-10 minutes, until it releases enough liquid to submerge itself.
2. Pack the cabbage tightly into a clean jar, pressing down firmly so the liquid rises above the cabbage.
3. Weigh the cabbage down with a fermentation weight or a smaller jar filled with water, keeping it fully submerged.
4. Cover loosely and leave at room temperature for 1-4 weeks, tasting after the first week and continuing until it reaches the tanginess you like.
5. Once fermented to taste, seal and refrigerate to slow further fermentation.

04 Common mistakes

- **Not enough brine** — if massaging doesn't release enough liquid to submerge the cabbage, top up with a 2% salt brine (20g salt per litre of water) rather than leaving it exposed.
- **Cabbage floating above the brine** — the weight needs to hold everything under the liquid line, or exposed cabbage will mould.
- **Using iodised salt** — it can interfere with fermentation; use plain, non-iodised salt instead.

03 Notes & substitutions

- Green or red cabbage both work well - red cabbage gives a striking colour.
- Add grated carrot or sliced apple for a milder, slightly sweeter variation.
- No fermentation weight? A well-washed rock in a small snap-lock bag works fine.
- Vegetarian and vegan as written.

05 Storage & leftovers

FRIDGE	In its brine, keeps for several months once fermented to taste.
FREEZER	Not recommended - freezing kills the beneficial live cultures fermentation creates.
FERMENTING	See our Fermenting guide for the full, process and troubleshooting.