

probiotic golden kraut

Makes 1-2 jars

RECIPE ADPATED FROM: [Amy Myers, MD](#)

PREP TIME: 20 minutes

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- 1 medium head of cabbage
 - 1 small onion
 - 2 carrots
 - 6 cloves of garlic
 - 2 Tbsp ginger root, grated
 - 1 Tbsp turmeric powder
 - 1 tsp black pepper
 - 4-6 tsp sea salt (about 2 tsp per pound of cabbage)

PREP your produce. "Shred" the cabbage with either a knife or a food processor. Slice the onion. Grate the carrots, ginger and garlic cloves.

MIX all produce together in a bowl with the turmeric and black pepper. Sprinkle 4 teaspoons of salt over the top.

ALLOW mixture to sit for 15-20 minutes. After 10 minutes, put on a pair of food-safe gloves and massage the mixture until liquid is released.

ADD the sauerkraut to clean glass jars. Ensure vegetables are submerged fully in the liquid. If more liquid is needed to submerge the cabbage, make a brine by mixing 1 ¼ teaspoons salt to 1 cup water, and add this to the jar.

ALLOW to sit in a cool part of your home away from direct light for 3 to 10 or more days. The longer it sits, the more fermented it will become. Briefly open your jar of sauerkraut once a day to "burp," or release, the built-up gasses. Make sure the cabbage is fully submerged in the liquid before putting the lid back on.

ONCE you've achieved your preferred taste and texture, move your sauerkraut to a clean jar and store in the fridge.

