

# Crunch-tastic Kraut Recipe

Recipe by Kathrin Brunner from Joyous Health

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## Ingredients:

- 1 large head organic purple cabbage (please choose organic, we need the good bacteria on the cabbage to help us ferment)
- 4 organic carrots
- 1 organic tart apple
- 1-2 Tbsp high-quality sea salt (such as Himalayan or Celtic)

## Instructions:

1. Set aside a few cabbage leaves. Shred or chop the rest of the cabbage (you can use the attachments on a food processor to speed things up), and place in a large bowl. Sprinkle on 1-2 Tbsp of sea salt (use more salt for a crunchier kraut).
2. Roll up your sleeves and massage kraut with your hands for a few minutes until cabbage begins to soften and release water.
3. Coarsely grate or julienne the carrots and apple and add to cabbage. Mix together, then begin to stuff mixture into clean, glass jars. Push down with your hands or the back of a wooden spoon or mallet, getting rid of any air bubbles and helping to push more water out of the cabbage. Keep pushing and packing until the released water is covering the kraut (you may need to let it sit for a little while to let the cabbage release enough water). Pack jars as tightly as possible within 2-inches of the rim. Once enough water has released to cover the veggies, use your reserved cabbage leave to push the veggies down into the water. (This is important, keeping the veggies submerged lets good bacteria ferment and keeps bad bacteria out.) Top with a lid, but don't tighten completely as you need to let air from the fermentation process escape.
4. Set in warm place, out of direct light for 2-7 days depending on how warm your house is (the warmer your home, the less time it will take). Begin tasting after 2 days, once it's tangy to your liking, discard cabbage leaf, close lid tightly and transfer to the fridge. Will keep for several months!
5. Enjoy a small portion daily for best results.

## Notes:

Tips: In the first few days, you will see air bubbles rising, this is a good sign! If this causes extra liquid to spill over, set jars in a shallow plate. If you don't have enough water pulled out of the cabbage to submerge everything, then you will need to add some brine (salted water). Use 1/2 Tbsp of salt per cup of water. If you see foam forming on top as it ferments, this is normal, just spoon it off.