Apple Sauerkraut

Prep Time: 20 minutes

Ingredients

2 pounds shredded cabbage approx. 6 cups
3- apples (2 grated and 1-sliced into rings if you like)
20g himalayan salt
Filtered water
1 tsp caraway seed (optional)

1 glass jar or 4 cup measuring cup

1-L Mason jar
1 Tattler fermenting lid or BPA free plastic lid

Instructions

Boil a kettle with water. Let rest 20 minutes then pour 4 cups of the water into your measuring cup and add the 20g of salt. Stir and set aside to cool while you prepare your veggies.

Using a food processor with shredder blade, a grater or a sharp knife, shred, grate or chop the cabbage and two of the apples, place into a large bowl and mix well.

Core and slice the remaining apple into rings.

Scoop a 1/4 of the mixture into the mason jar and gently pack down. Place a few apple rings around the perimeter of the jar, fill some more and repeat with the other rings.
Fill just to the shoulder. Add the brine and cover by one inch over the cabbage.

Place Tattler lid with water air lock or BPA plastic lid and close tightly.

Protect from light and let sit on counter for 7-10 days. Because cabbage can expand during fermentation, you may want to put a plate or tray under your jar to catch any overflow.

It is best to NOT open you jar for the first 3 days, even if it is overflowing. This is when your good bacteria is over throwing the bad, so adding air during this initial ferment can hinder the lactic acid bacteria from doing its job. After 3 days, if you need to open and press the cabbage back down below the brine, go ahead and do that, then wipe down the jar and lid and re-seal for the rest of the fermentation time.

After 7-10 days at room temperature, place in fridge. I often leave my airlock on to keep histamine levels low, at least for the first 30 days, but most remove and put on the BPA plastic lid for fridge storage.

This ferment can be enjoyed after the 7-10 days but the flavour develops more over time. It is at its peak in 30 days.

Lasts in fridge for up to a year.