



LINDGREN  
functional medicine

# HOW TO MAKE SAUERKRAUT

YOU NEED: *cabbage, kosher/pickling/sea salt (not iodized)*

1. Cut cabbage head in half, removing the core.
2. Slice into thin, 1/8-inch shreds (by hand or with a mandolin slicer). Put cabbage shreds into a large bowl.
3. Add ~2 tsp salt for every pound of cabbage.
4. Mix and mash the cabbage for a few minutes until it begins to juice.
5. Fill very clean jars (or a crock) 2/3 full with the juiced cabbage. Pack down until all cabbage is submerged in juice.

*OPTIONAL: Set a smaller jar or weight on top of the cabbage to keep it submerged.*

*if you need more liquid, add 2 tsp salt in 1/2 cup water*

6. Cover with cloth or lightly-tightened lid. Store in a dark place at room temperature

*if you see mold growing around the top, the cabbage was not completely submerged (you can skim off green/gray mold, but if it is pink/black, smelly, or slimy, discard the kraut)*

7. Let the kraut ferment for a few days to a few weeks until you like the taste (it gets tangier the longer it ferments).
8. Store in refrigerator for a few months (where it will continue to ferment, but more slowly).

*enjoy the probiotic kraut on salads, bowls, or in cooked dishes*

