

Cultured or fermented foods like sauerkraut, kimchi, kefir grains, kombucha, yoghurt and cheese are fantastic to feed your good gut bacteria (your microbiome). They contribute immensely to healing and building your inner ecosystem. Friendly bacteria naturally present in the vegetables quickly lower the pH, making a more acidic environment so the bacteria can reproduce. The vegetables become soft, delicious, and somewhat "pickled."

Cultured vegetables are made by shredding cabbage, or a combination of cabbage and other vegetables, and then packing them tightly into an airtight container. They are left to ferment at room temperature for several days or longer. During this fermentation period, the friendly bacteria are reproducing and converting sugars and starches to lactic acid. Once the initial process is over, it is time to slow down the bacterial activity by putting the cultured veggies in the fridge, and including them into your whole food diet, regularly.

Basic Sauerkraut Recipe



It's cheap and easy to make your own sauerkraut at home, which will be more potent than what you'll buy at the store.

What you'll need:

- Scales, chopping board and large sharp knife
- Airtight jar

NB: *Wash the cabbage and lightly shake or spin dry, and ensure all your equipment is cleaned well.*

[WATCH THE VIDEO ON YOUTUBE HERE!](#)



Ingredients:

- 1 Kilo washed/clean Cabbage, chopped or shredded
- 20-22 grams celtic sea or pink Himalayan Salt

Method:

Place the chopped or shredded cabbage into a clean and large stainless steel saucepan or glass bowl. Sprinkle the salt over the top, and massage together with clean hands.

As the cabbage starts to break down and mix with the salt, it will start to become soft and wet. After approximately 5-7 minutes, you'll notice the juice or "brine" at the bottom of your saucepan or bowl.

When the cabbage is completely massaged, transfer it with clean utensils into a sterilised, airtight jar. Pack it down quite firmly to allow the natural brine to cover the cabbage – very important!

Place a few clean leaves over the top and lightly press over the cabbage to seal in the juices underneath. Store on the bench for at least 3-4 days, allowing the gas to escape every day. Taste test, and either seal the lid and place in the fridge, or continue to ferment on the bench for 7 days before storing in the fridge.

Alternate recipe:

Add in 2 heaped teaspoons grated ginger, 1 heaped teaspoon organic ground turmeric, and 1 grated green apple flesh.