

Firekraut (NW Ferments)

The ingredients of immune-boosting Fire Cider in a delicious spicy kraut. A cup a day will help keep the cooties away!

Makes 1 quart

Ingredients:

2 cloves garlic, minced
1 jalapeno, minced (remove seeds if you prefer less heat)
2 tsp. burdock, minced or grated
1 tsp. ginger, minced or grated
4 tsp. horseradish, minced or grated
3 tsp. turmeric, minced or grated
1 cup onion, thinly sliced
1/2 cup carrot, grated or thinly sliced

Note: the above ingredients can be increased or decreased according to taste- the more fiery, the better!

6 cups (one medium sized head) cabbage, thinly sliced & loosely packed
1 Tbsp. non-iodized salt (we use sea salt)

Directions:

Combine all the vegetables in a bowl large enough to accommodate them. Sprinkle with 1/2 Tbsp. of the salt, and mix well to incorporate throughout. Allow to rest for about 30 minutes at room temp.

After resting, add the other 1/2 Tbsp. of salt and mix well. Allow to rest again for another 30 minutes or so. This will allow the vegetables to release some of their juices making your job a little easier.

When the juices begin to accumulate in the bottom of the bowl, use a kraut pounder, tamper or your hands to crush the vegetables and create as much liquid as you can.

Once plenty of juices have developed, pack the vegetables into your jar. Use a pounder or your fist to tamp them down until the vegetables are completely covered with liquid. If there aren't enough juices to cover, some brine can be added to top it off (1Tbsp. salt dissolved in 2 cups water). Place a fermentation weight on top to keep the veggies under the juices, and cover with a coffee filter & rubber band, or other breathable material. If using a hard (airtight) lid, be sure to "burp" the jar daily to allow gases to escape. An airlock can also be used to keep the air out and prevent mold.

Allow to ferment at room temperature (65 to 75 degrees is ideal) for 5-7 days.

Taste after 4 days to check texture. It is ready when it has softened a bit, but still has some crunch to it and tastes like sauerkraut. When it's ready, remove the weight or airlock, cover with an airtight lid and refrigerate (unless you choose to eat it all right away!).

