

RECIPE

RED CABBAGE, ARAME AND GINGER KRAUT

MAKES ENOUGH FOR A 1.5 LITRE JAR
(51 FL OZ/6 CUPS) / READY IN 7–30 DAYS

A variation on traditional sauerkraut, this vibrant ferment is perfect paired with rich foods, helping to cut through the fat and balancing strong flavours — it's my go-to with an eggy breakfast. Adding mineral-rich sea vegetables such as arame to ferments boosts the nutrient profile, while the ginger provides a lively kick.



INGREDIENTS

- 5 G (1/8 OZ / 1/4 CUP) ARAME THREADS
- 2 KG (4 LB / 6 OZ) HEAD RED CABBAGE
- 1 LARGE KNOB GINGER (finely chopped or grated)
- 40 g (1 1/2 oz) FINE SEA SALT

PROCESS

1. Soak the arame threads in a bowl with plenty of warm water for 15 minutes.
2. Trim and quarter the cabbage, removing the fibrous core. Chop the cabbage into 3 mm (1/12 in) thick slices and put in a large bowl. Add the ginger and sea salt. Rub the salt into the cabbage, scrunching the mix firmly, until the cabbage has released plenty of liquid.
3. Strain the arame and discard the soaking water. Mix the arame into the cabbage very well.
4. Take your clean jar and lid and fill it completely with the cabbage mixture. Push the cabbage down firmly. Top up with more cabbage, pressing down some more to ensure that it is submerged in the liquid. Make sure to leave at least 2cm of space between the liquid and the rim of the jar. Use a vegetable plug or an airlock lid, or simply press the vegetables under their liquid and close the lid tightly. Label the jar and stand it on a plate or tray.
5. Leave in a cool place to ferment for 7–30 days. Gradually, you will notice bubbles, a few at first and then masses. The bubbles will begin to subside and this is the point at which you can start tasting the kraut. I like this best after a month or so, when the cabbage is really quite sour, but keep tasting until you are happy with the flavours, then put in the fridge to keep for up to a year.