German-Style Sauerkraut

4.5 lbs. green cabbage

2 Tbsp. pickling salt

1 carrot

1 Tbsp. caraway seed

1 tsp. turmeric

Shred the cabbage and carrot into a large non-reactive bowl (non-aluminium). Mix in the pickling salt vigorously with your hands, rubbing the salt into the cabbage. Pound the cabbage with a meat tenderizer or other broad, flat kitchen tool. Let the cabbage sit at room temperature until liquid is present, about ½ hour.

Once there is sufficient liquid to cover when pressed lightly, transfer the cabbage into a cylindrical crock, leaving 2-3 inches of headspace. Fit a heavy-mil, food-grade plastic bag over the surface, and fill the bag 2/3rds full with water. Seal the bag securely. Cover lightly with a cotton cloth, and set in a quiet corner of your house that stays at a cool room temp., between 15 – 20 degrees C. A cool, dark closet is ideal, in which case the cloth is not needed. Leave the cabbage to ferment 10 – 20 days.

Initially check every day to be sure the mixture is not too dry. It should appear to be very moist/have a bit of liquid at the surface when slight pressure is applied. Add brine if needed, being careful not to add too much. Continue to check the cabbage every few days to remove any mould that may appear (harmless and naturally occurring).

When the cabbage has softened, and has a good tang (taste it), it is ready. Store fermented sauerkraut in covered jars in the fridge for up to 3 months. Leave a little headspace for expansion when packing into jars.

Makes 1 ½ - 2 quarts.