

CERES Fair Food

6/198 Beavers Road, Northcote, 3070
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Krautsourcing: Sauerkraut flavours – The sky’s the limit

In short, sauerkraut can be flavoured with fresh or dried herbs and spices, seeds, other vegetables and fruits.

Using other vegetables in SK

Cabbage always forms the base of any sauerkraut recipe. For an ideal ferment, 75% cabbage is a good percentage to keep you cabbage to in any batch of sauerkraut you make. That means a litre-jar batch, your vegetable flavourings will weigh about 200grams, and your cabbage will be the rest (700-800gm per litre-jar)

Using seeds, herbs and spices in sauerkraut

Dried and powdered spices intensify during the fermentation process and so should be used in small quantities. Use 1-2 teaspoon of a dried leaf, spice or seed, and not more than 2-3 spices per litre-jar batch. Fresh herbs can be used in larger quantities. Try a tablespoon of 1-3 types of herbs per litre-jar batch.

Vegetables Flavours

Best (Firm and lower in sugar)	Good (higher sugar, great flavour)	Not impossible but temperamental
Red cabbage, kohlrabi, radish, turnips	Beetroot, carrots, onion (a strong flavour – for onion lovers only!) Parsnips, apple (err towards a smaller amount, as they have a high sugar content)	**these vegies are watery and have weak physical structures that tend to disintegrate when fermented. Capsicum, cucumber, zucchini, tomatoes



Using spices and seasoning

- Hot pepper or chilli flakes, fresh ginger, garlic and spring onions and shallots are a pungent addition.
- German sauerkraut is often spiced with juniper berries, caraway seeds or dill seeds or fresh dill.
- Curtido*, a Latin-American sauerkraut is spiced with fresh oregano and red chilli flakes or fresh shall.
- Star anise, cinnamon (left in whole quills and packed in the cabbage) and dried cranberries are used in experimental “Christmas ‘Kraut”

Other options include peppercorns, cumin, anise seeds, dulse, smoked paprika, jalapenos, other chillies, garlic, fennel seeds or fresh, coriander seeds or fresh, mustard greens or seeds.

Other tips for great tasting sauerkraut

Use clean vegetables in sauerkraut.

- Peel and wash vegetables
- Scrubbing vegetables that might still have soil on them is a great idea. Soil can make off tastes in your ferments
- Remove any parts that are blemished on the vegetables before adding them to the recipe

Be even with your slicing/chopping/grating. Beets, turnips etc are best grated, onions, capsicums, fennel are better sliced finely. If everything put into ferment has about the same thickness, then everything ferments evenly.

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Recipe ideas

These recipes are flavour ideas that you can then use with the sauerkraut method on the Krautsourcing webpage.

Easy Sauerkraut Recipe with Seaweed, Kale and Dill adapted from the *Merry Maker Sisters*

- 1 Kale leaves
- ½ large organic cabbage
- ½ cup filtered water
- ¼ dulse (seaweed) flakes
- ¼ cup chopped dill
- 2 tbs. Pink Himalayan salt or sea salt (flakes or fine ground)

Vitality Kraut from adapted from *The Cultured Artisans*

- 1 green cabbage (about a 3kg one) (sliced)
 - 1-2 yellow beetroots (200g) (grated or julienne)
 - 1 medium carrot (approx. 200g) (grated or julienne)
 - 1 green apple (200g) (cored and diced)
 - Zest of ½ an orange
 - Fresh ginger (3cm piece) (finely sliced or grated)
 - Turmeric (2cm piece) (finely sliced or grated)
 - Juniper berries (1 tbsp)
 - 1 star anise star
 - Salt (approx 40-50g)
 - 2-4 additional carrots for use as a plug to hold down the sauerkraut under the brine (or other weight)
- All quantities are approximate and can be adjusted to taste and availability.
3-4 litre jars or a medium crock



References:

www.makesauerkraut.com

www.culturedartisans.com.au

www.themerrymakersister.com

For more recipe ideas, see this great page: makesauerkraut.com/sauerkraut-recipes