

# FERMENTED VEGGIES: SAUERKRAUT WITH CARROTS

## Equipment:

Food processor, Fermentation Crock or Glass Jar, and Sauerkraut Pounder



or



## Ingredients:



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Cabbage - **A 1-gallon** stone crock or 1-gallon jar holds 5 pounds of **shredded cabbage** (3 or 4 medium size cabbage heads)

6 medium size carrots

1 table spoon salt for one cabbage head

## Instructions:

Shred cabbage in the processor (use the slicing blade side), shred carrots in the processor (use shredding blade side). Transfer portion of the cabbage into stone crock or jar, cover with the layer of carrots, add salt, pound with the pounder until juice is released, put another layer of cabbage, carrots and salt, pound and so on until all cabbage and carrots will be in the jar. Cover the jar. Keep it in the room temperature. Always try hard to press the cabbage or veggies down to release their juice. It also removes air bubbles and draws out moisture for mold-free fermentation. After 3 or 4 days try to pierce all way to the bottom of the jar and mix a bit. It should be ready after a 6 to 7 days. When it is ready transfer fermented veggies to the smaller jars and place them in the fridge to stop fermentation unless you like really sour you can leave it for few more days in the room temperature and then transfer it to the fridge.