

Living and Lovin Herbs Podcast

Apple, Cranberry Sauerkraut

1 package of Cutting Edge Cultures or 1/2 cup kefir whey - less culture if you're making less.

1 cup filtered water -

1/2 small cabbage, shredded into very small pieces

1 medium sweet apple - such as Honey Crisp

1/4 cup dried Cranberries

1 medium orange, juiced with all the pulp

1/2 tablespoon coarse sea salt

Enough filtered water to cover vegetables

Step 1: If using a starter culture, dissolve culture packet in 1 cup water. If using kefir whey - set aside until the end.

Step 2: Shred all your vegetables except cranberries and put in large bowl.

Step 3: Add salt and mix well.

Step 4: Add the juice of the orange with pulp. Mix well.

Living and Lovin Herbs Podcast

Step 5: Fill 1/2 gallon mason jar with vegetables. Squish down to compact vegetables. If too much start another jar.

Step 6: Add dissolved culture or kefir whey. If you have more than one jar divide up the culture among your jars.

Step 7: Fill jar(s) up with filtered water to cover vegetables leaving. Slide a long knife along edges and down the center to get any bubbles out. Drop in weight and fill remaining jar to 1/2 inch from top with filtered water.

Step 8: Place airlock lid on jar and follow the instructions from Easy Fermenter Kit on maintaining your jars during the fermenting process. I like to ferment this recipe for about 10 days. But if you like a real tang to your sauerkraut let it ferment longer