

# Raw Sauerkraut

1 head white cabbage

2 carrots

1 tbsp celtic sea salt

4 cloves garlic

2 inch piece ginger, washed

½ teaspoon chipotle powder

2 tbsp smoked sweet paprika

1-2 tsp chili flakes

## Method

1. Cut the cabbage down the centre and remove the core. Reserve the core for later. Peel off the outer layers of cabbage, keeping them as whole as possible, and place to one side.
2. Using your desired food processor blade, shred the cabbage and carrot. We used a large grater attachment. You could also use the julienne/slicing attachment. The larger and thicker the cabbage, the more texture it will retain post fermentation.
3. Combine the cut veggies in a large mixing bowl with the salt. Mix well and allow it to sit for 10 minutes. This will allow the salt to breakdown the cell walls of the veggies and start the release of their juices.
4. Add the remaining ingredients and mix well to combine. Press and massage with your hands to continue to break down the cells walls of the veggies and release more juices.
5. Pack the mixture into one or more airtight jars and press down so the liquid rises up the jar to the top.
6. Place a reserved outer cabbage leaf on top and the core on top of that. When the jar closes, the core should press the contents down so they are covered in liquid. If this doesn't happen with the cabbage leaf, you may need to use a small jar or a large piece of carrot to keep the contents submerged.
7. Be sure the contents, including liquid, don't fill the jar 100%. There should be 1 inch of space at the top of the jar.
8. Place in a warm space, the best fermenting temperature is 65f-75f, to ferment for 3-5 days. You'll need to open the jar daily to release the air building up inside from the fermentation. This is called burping. You should do this a few times a day.

9. After a few days, taste the kimchi and, once it's as sour as you like, remove the cabbage and core and store in the fridge for several months. Once in the fridge, you don't need to burp daily, but I still like to release the air every few days to be safe.