

Lacto-fermentation (Vegetable Medley)

By Katalin Brown

How to make homemade sauerkraut vegetable medley.

Ingredients

2 large cabbage / equal to (10 lbs)

1 large onion

1 small cauliflower

1 small broccoli

1 small bunch kale

1 small bunch celery / 4-5 stocks

6 Tbsp Celtic or sea salt

You Will Need

2 gallon enamel glazed crock or 2 gallon wide mouth glass vessel

2 new round mixing tub, the kind you can use for your kitchen sink (dollar store)

Food Processor

Large sharp knife

Cutting board

Plastic sieve

Dinner plate to fit inside your vessel

Soup bowl

Rock, small enough to fit soup bowl, big enough for weight

Clear Food Wrap

Tea towel

Instructions

Wash vessel, utensils, cutting boards dishes, scrub your rock

Remove and wash outer leaves of your cabbages, about 3 from each head, set aside (this is the medley cover)

Cut cabbages in half. No need to core and cut again to fit your food processor.

Shred cabbage, using thin blade

Place shredded cabbage into the tub, when you have shredded 1/3 of all your cabbage, sprinkle 2Tbsp of salt and mix well, shred and salt, shred and salt, do this until all your cabbage is done. Leave the

1Tbsp salt for the other vegetables.

With the same blade shred the remaining vegetables and put into the other tub use remaining salt, leave it to saturate

Work the shredded cabbage for about 10 min with your hands, squeezing and bruising the cabbage, this will release the juices. Leave it for 30 min and do the same, squeeze and bruise. We want as much juice out of the cabbage as possible.

When you have finished the second workout with your cabbage, add in your other salted vegetables, mix evenly. This = Vegetable Medley.

Transfer your vegetable medley into your vessel; push the vegetables down firmly and you will notice the juices will rise over top. Place your washed cabbage leaves over top of your medley to completely cover all vegetables. Using sieve, gently pour the rest of your cabbage juice over your cabbage leaves.

Place the plate upside down, over the cabbage leaves, and push down gently, allowing the juices to cover the brim of the plate.

Place bowl on plate, place rock into bowl. This will keep all the brine over the medley to prevent spoilage.

Clean off and discard any stray vegetables from the inside of your vessel.

Cover the vessel with your clear wrap making sure in overlapping and pulling it tight to keep air out as much as possible. To secure cover, use the wrap as a rope, tie it tight then cover vessel with tea towel to keep out light.

Leave on your kitchen counter for three days, this will kick off the fermentation

Move vessel to a cooler place 70-75 degrees for three weeks (I use my basement floor)

After 3 weeks taste it, if your taste buds love it, you're done, you may eat it, careful! Remember it is a live food; a little bit goes a long way. (Try full fat sour cream over it, our family favorite!)

Once your ferment is to your liking you can transfer it into smaller jars for easy storage and then refrigerate to keep its crispness. Do not use metal, only wooden or good quality plastic tongs to remove vegetables from vessel or jars. I use chop sticks.

If you like a bit of heat in your ferment you can add Chile peppers or any other hot peppers at this time. Add it to the vegetables, Use disposable gloves when you are handling hot peppers. You can burn your fingers from the hot pepper juice. Ask me, I know!!!

Lacto-fermentation is a sure way to keep your belly happy with beneficial bacteria. Eat it every day; it is your best way to ensure you get your daily source to probiotics. Don't waste anything, when you get to the bottom of your jar, drink the juice.

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