

RECIPE: EASY FERMENTED CABBAGE

(SAUERKRAUT)



HOW EATING THIS REGULARLY MIGHT HELP WITH YOUR HEALTH

Fermented foods help to create a healthy gut microbiome, which is the community of microorganisms that live in our digestive tract. Having a healthy microbiome can reduce inflammation, help our immune system and aid in digestion and weight control, which can all have a benefit on pain-related conditions.

YOU WILL NEED

- 1 white or red cabbage
- 1 tbsp coarse sea salt
- 1 large mixing bowl
- 2 sealable freezer bags
- Marbles or baking beads
- A rolling pin
- A glass jar with a screw on lid or a clip top jar, such as a Kilner jar



20 servings



20 minutes, then 1 week



SERVING SUGGESTIONS

- Serve with grilled or pan-fried sausages
- Use as a topping for sandwiches, wraps, and burgers
- Toss into salads with apples, carrots, and nuts
- Add on top of avocado/baked beans on toast.

WHAT TO DO

- Wash the glass jar thoroughly in hot soapy water, leave to dry.
- Remove damaged or dirty outer leaves from the cabbage.
- Cut the cabbage into quarters and remove the core. Slice into thin shreds.
- Place the cabbage in the freezer bag, add the salt. Place the freezer bag into the large bowl.
- Taking the rolling pin, crush and squash the cabbage for 5 - 10 minutes, until the cabbage is soft and a pool of liquid is in the bag. Get someone to help if you find this tricky.
- Put all the cabbage and liquid into the glass jar.
- Place marbles or baking beads into the clean freezer bag, place in the jar so the cabbage is submerged by liquid, seal the jar.
- Let the jar sit at room temperature for 1-4 weeks.
- Check daily. Press the cabbage down if it starts to float above the liquid.
- If mold forms, discard and do not eat.
- After about a week, start tasting the cabbage. When it reaches your desired level of sourness, it's ready.
- Once fermented to your liking, transfer to the fridge. It will keep for several months.



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