

# SAUERKRAUT WITH DILL



## Ingredients:

- 1 medium cabbage (you can use half red half green)
- 20 g (4 tsp) salt

## Sauerkraut preparation steps

Clean the outer leaves from the cabbage head, rinse under water. Use mandoline to grate or thinly slice with a sharp knife. Add salt to the cabbage and mix well with your hands. Add spices if using. You can squeeze the cabbage or pound it with a pounder tool to help release juices.

Transfer the cabbage to the glass jar and push it down with a pounder to remove any air pockets. Leave about an inch of room on top of the jar. When you push down the cabbage, the juices need to overflow the cabbages. If not, add some water with salt dissolved in it. Put the glass weight on top of the cabbages to keep them submerged. Cover with lid and set the starting day of fermentation. Then pump out the air with the silicone pump. Cover with top lid and leave ferment at room temperature for 2-4 weeks.

Taste during the fermentation to get a feeling of how the taste evolves in different stages of fermentation. Enjoy fermented sauerkraut directly from a jar, add in salads or as a side dish with meat or vegan burgers. Everywhere you like it!

**Optional flavouring ideas:** caraway seeds, dill, turmeric, chili, etc.

## Sweet potato skins stuffed with sauerkraut

- 2 sweet potatoes
- 1 avocado
- 1 tsp of parsley
- a pinch of salt
- 1 tbsp of olive oil
- 1 tsp of lime juice

Pierce each sweet potato a few times and bake at 200°C for 50 minutes, until soft. Let potatoes cool then cut in half lengthwise. Scoop out potato flesh leaving a thin layer of sweet potato inside, and add flesh to a medium bowl. Mash sweet potato flesh with avocado, lime juice, salt, parsley and olive oil. Stuff sweet potato skins with the mixture and add sauerkraut on top.

See more recipes with vegetables [here](#).

### Products used to prepare this recipe:



**[Veggie Fermenter](#)**

[Buy on Kefirko.com](https://www.kefirko.com)



## [Sea Salt](#)

[Buy on Kefirko.com](https://www.kefirko.com)