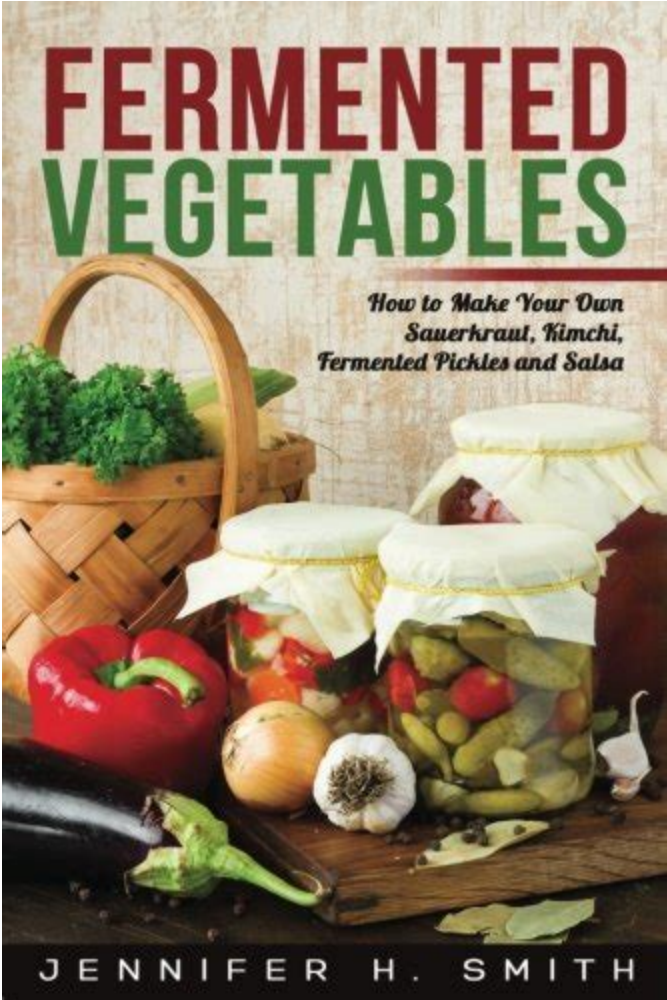


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#### **8. Dill Pickle Sauerkraut Recipe**

Instructions: Put sliced cabbage in a large bowl.; Add remaining ingredients and mix well with clean hands, massaging in the salt. Pound with a Cabbage Crusher or potato masher for 5 minutes, to allow the juices to come out of the cabbage.; Transfer to a glass jar; pack down firmly. The brine should come at least 1 inch above the level of the **vegetables**.

## 9. How To Make Homemade Sauerkraut Cultures for Health

2. Weighting and Pressing Kraut in a Crock. Place shredded cabbage and salt in a large fermentation crock or bowl. Instead of pounding, weigh the cabbage down with heavy bowls or pebbles. Press on the weights regularly to draw the natural juices out of the cabbage and submerge the cabbage slowly in the brine.

## 10. Fermentation Made Easy Mouthwatering Sauerkraut Master

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### **18. Easy sauerkraut recipe**

If **your sauerkraut** continues to ferment, you will need to loosen the lid occasionally, probably every 3-4 days and 'burp' the gas away. Eventually, no more gas will be produced. **Recipe** Tips

### **19. 8 Surprising Benefits of Sauerkraut Plus How to Make It**

**Sauerkraut** is a **fermented** cabbage dish that has been linked to several health benefits. Here are the top 8 benefits of **sauerkraut**, plus a step-by-step **recipe for making your** own.

### **20. How to make sauerkraut recipe**

Shred the cabbage thinly - a **food** processor makes light work of this. Layer the cabbage and the salt in the tub or bowl. Massage the salt into the cabbage for 5 mins, wait 5 mins, then repeat.

## 21. Homemade Sauerkraut Recipe Easy Countertop Method

The process of fermentation increases the availability of these nutrients, potentially **making sauerkraut** more nutritious than the original cabbage itself. Good for Digestion. **Sauerkraut** is included in protocols like the GAPS diet to seal and heal the gut. Many people report that **sauerkraut** soothes and helps **improve** their digestion. Antioxidants

## 22. Making Sauerkraut and pickled vegetables at home Creative

**Making Sauerkraut and pickled vegetables at home: Creative recipes for lactic-fermented food to improve your health:** Klaus Kaufmann, Annelies Schoneck: 8580001056920: Books - Amazon.ca

## 23. Quick Sauerkraut Recipe Martha Stewart

35 One-Pan Meals Just Right for Dinner Tonight One pan, pot, skillet, or Instant Pot is all you need to for these no-fuss family dinners, including salmon, pasta, pot roast, chili, and so much more.

## 24. Book "Making Sauerkraut and pickled vegetables at home"

Book: "**Making Sauerkraut and pickled vegetables at home**" - **Making Sauerkraut** by Klaus Kaufmann and Annelies Schoneck is your handbook to **lactic** -acid fermentation - the ancient and proven preservation method. **Lactic acid-fermented vegetables** are both great tasting and a component of natural healing. In **Making Sauerkraut** the authors teach on **lactic acid fermented vegetables**; their great taste ...

## 25. How to Make Sauerkraut at Home with Any Vegetable Recipe

Step-by-step instructions for **making sauerkraut** out of almost any **vegetable at home**—plus **3 recipes** that use it when you're done September 13, 2013 By Amiel Stanek



## 26. 40 Fermented and Pickled Food ideas food pickling

Apr 25, 2016 - Explore Gallatin Gourmet Specialty Foo's board "**Fermented and Pickled Food**", followed by 130 people on Pinterest. See more ideas about **food**, pickling **recipes**, **recipes**.

## 27. Small Wooden Cabbage Tamper for sauerkraut and more 12

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## 28. In a Pickle Small Batch Sauerkraut Serious Eats

The more thinly you shred your cabbage, the better. Sharpen your knives before getting started or use a good, serrated bread knife. The warmer the environment, the faster the **sauerkraut** will progress. Find a corner of your **home** that stays between 60° and 70°. This means that you might need to stash your **sauerkraut** in a closet or near a window.

29.

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