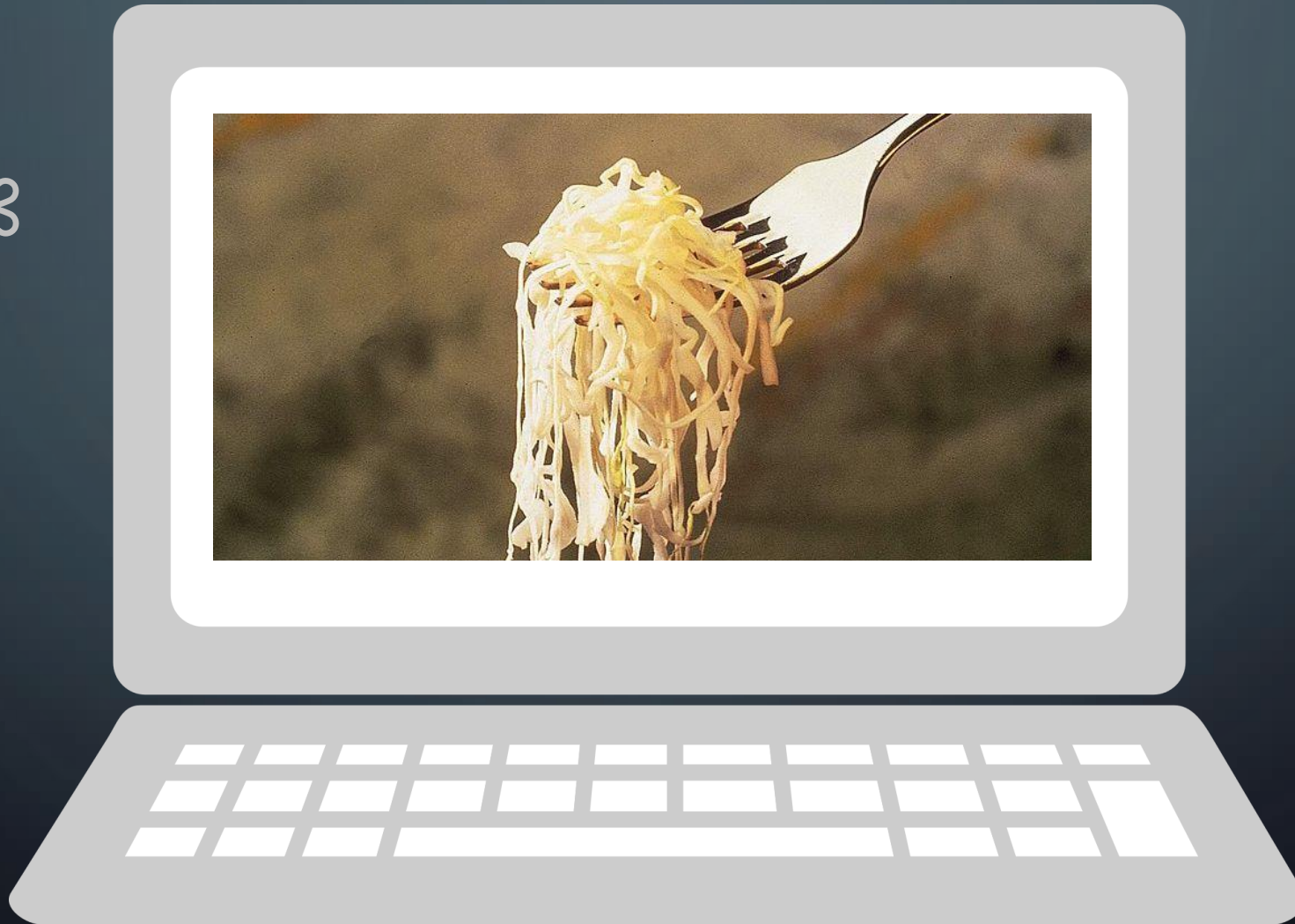


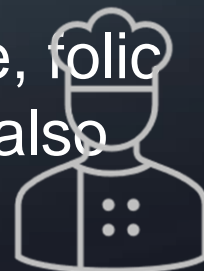
Sauerkraut, Czechia



Sauerkraut

Cabbage is an integral part of traditional Czech cuisine. Fresh cabbage and sauerkraut were thus one of the sources of valuable nutrients and vitamins for our ancestors, especially in winter and autumn when summer vegetables were not available. Sauerkraut is an ancient discovery of the Slavs and has become the most sought-after Old Slavic vegetable.

It is a good source of vitamin C, beta-carotene, folic acid, potassium and iron. Lactic fermentation also produces vitamin B12.



Ingredients



Making sauerkraut is very easy. You need only a few ingredients, but you will need to be patient and wait for the

Equipment:

Large and sharp knife, cutting board, jar

Ingredients:

1 kg of cabbage, 20 g of salt, a pinch of caraway seeds



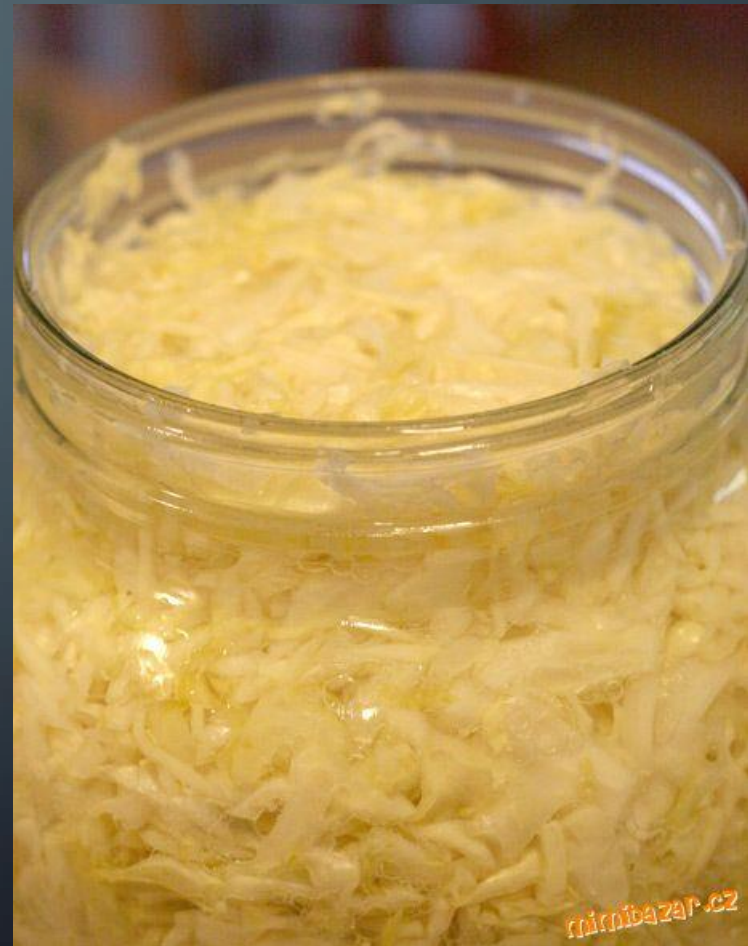
Step 1:

Cut the cabbage to thin slices, put it in a container with salt and caraway seeds and mix it using your hands. Make sure the cabbage releases a lot of juice.



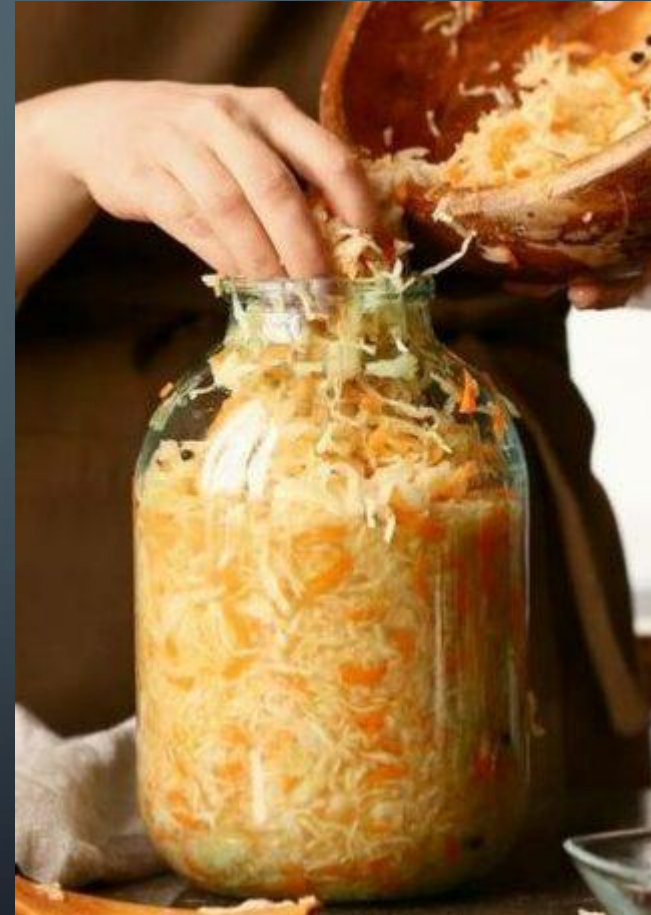
Step 2:

As soon as it releases juice, smother it with your hand and let it rest for about an hour.



Step 3:

Then stuff the cabbage into jars or a ceramic container a little below the rim. Close and let the cabbage ferment at room temperature for about a week.



Step 4:

Within a week, the fermentation process will take place. Then move the fermented cabbage to a cool place: fridge or cellar.

