

# One-Gallon Gourmet Sauerkraut Recipes

by Summer Bock Health Coach, Herbalist, & Fermentationist

## Original Sauerkraut

5 pounds cabbage  
3-4 tablespoons sea salt

Raw-unpasteurized sauerkraut has many health benefits. It builds your internal biological terrain, adds probiotics to your intestines, increases alkalinity, and helps you absorb nutrition more effectively.

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## Spicy Turmeric Chi

3 pounds napa cabbage  
1 daikon  
3 carrots  
2 onions  
4 cloves garlic  
3 tablespoons red chili flakes  
3 tablespoons fresh ginger  
4 tablespoons turmeric fresh  
3-4 tablespoons sea salt

Turmeric is known for its connective tissue supporting properties. It is helpful for the liver and positively affects the inflammation response in the body. Daikon is noted for its weight loss powers. Ginger and chili flakes help guide the medicinal effects of the other foods deep into the cells of the body.

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## Mermaid Sauerkraut

5 pounds cabbage  
½ Cup hijiki, kelp, or wakame seaweed  
2 cloves garlic  
2 tablespoons sea salt

Once you add wild edibles like seaweed to raw-unpasteurized sauerkraut, you get the thyroid nourishing, heavy metal detoxing and radiation protecting powers of this amazing mineral-rich food.

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## Tangy Coleslaw

3 pounds cabbage  
2 carrots  
4 celery ribs  
1 small daikon radish  
3 parsley sprigs or fresh nettles leaves  
1 onion  
4-5 tablespoons ginger  
4-5 tablespoons turmeric fresh (1T dry)  
2 garlic heads  
3-4 tablespoons sea salt

Celery is known for its high levels of naturally occurring sodium. This helps rebalance electrolytes and blood. Daikon is noted for its weight loss powers. Parsley supports the kidneys. Turmeric works to support the body's inflammatory response and the liver. Ginger helps soothe digestion and guides the medicinal effects of the other foods deeper into the cells. Nettles are a nutrition tonic herb.

## Step-By-Step Directions

1. Chop the vegetables into similar sized chunks or shreds into a bowl.
2. Add salt and mix throughout using your hands to massage the mixture.
3. Begin packing into a one-gallon crock or jar. Use your fist or a wooden tamper.
4. Create an anaerobic environment by getting all air bubbles out as you pack it down.
5. Push until the brine starts to rise to the top of the veggies.
6. Place a saucer or plate on top of the vegetables. Try to get one that fits as close to the edges as possible.
7. Put a weight on top of that. A jar of water works well.
8. Cover with a cloth so no bugs get inside.
9. During the first week, push it down daily to help keep the veggies under the brine. Sometimes it takes a day or two to get the brine to stay above the veggies. This will help prevent mold from forming.
10. Taste it after a week and see if you like it. You can let it ferment as long as you want, but most people prefer 2-4 weeks of fermentation time in small one-gallon batches. When it is too young, it still has a carbonated feeling on your tongue. This will disappear after about a week of fermentation.
11. The best temperature to ferment sauerkraut is 55-70 degrees. Put it in a pantry, root cellar, cupboard, or on your kitchen counter. If it gets below or above this temperature it will be fine, but the best flavors develop within this range.
12. When it is ready, scrape off the top layer and enjoy the fresh healthy goodness below.

**Note:** If mold forms, not all is lost. This is a test of your senses. Scrape off the mold and compost it. If the sauerkraut underneath smells okay, taste it. If it tastes off, spit it out!

Video resources available at [www.Fermentationist.com](http://www.Fermentationist.com)

### Lacto-Fermented Vegetables---Tricks of the Trade

- ★ As a general rule, there are 3-4 tablespoons of salt per gallon. How much you use depends on the fermenting temperature, how crunchy you want the kraut and your taste preference.
- ★ Once veggies are chopped, you add salt and mix thoroughly.
- ★ After salt is mixed throughout the vegetables, pack and tamp them into the fermenting vessel (crock or jar) until the natural brine rises above the top.
- ★ Use a weight to hold the vegetables under the brine. Push them down daily.
- ★ Larger batches of fermenting veggies work better.

- ★ Mold is a natural part of the fermentation process. Scrape it off the top before eating the kraut underneath.
- ★ Lacto-fermentation of veggies is a traditional process of preservation that dates back centuries, maybe millennia. It is a safe process. However, always trust your tastebuds and sense of smell. Let your senses guide you. If it smells bad, don't eat it.
- ★ When making a new recipe, it should taste delicious before you ferment it. Taste your "salad" before you stuff it in the crock. It should taste salty and wonderful. After the fermentation process, it will become even yummiier as the onions and garlic mellow out and the sour addition of lactic acid that is naturally produced by the Lactobacilli.

### **Ideas for Veggies to Experiment Making Kraut With**

- ★ Cabbage
- ★ Brussel Sprouts
- ★ Onions
- ★ Carrots
- ★ Beets
- ★ Burdock
- ★ Daikon
- ★ Cucumbers (Pickles)
- ★ Seaweed
- ★ Bok Choi
- ★ Apples
- ★ Garlic
- ★ Ginger
- ★ Spices
- ★ Fresh Wild Herbs
- ★ EXPERIMENT!!!



## Why I'm Such a Nutrition Nerd...

Hi. I'm Summer Bock and I teach people how to rebuild their biological terrain so they can take their health to the next level. I've worked with individuals and groups for the past 10+ years teaching them how to live their dreams without health concerns hampering their success. My focus is on digestion and cleansing.

After years of dealing with IBS, Candida, chemical sensitivity, environmental allergies, depression, eczema, rashes, food allergies, and more---I detoxed my body and focused on rebuilding my own intestinal ecosystem. I healed from all these issues except gluten and dairy intolerance, which remain. My current health goal is to achieve healing so deep that I no longer suffer from any food allergies.

In 2001, I graduated from the New Mexico College of Natural Healing with a Diploma in Herbology. I earned a dual degree from The Evergreen State College in 2007 after studying Nutrition, Microbiology, and Fermentation. I am certified as a Holistic Health Coach from the Institute for Integrative Nutrition and am certified in Integrative Nutrition through Columbia University.

My clients enjoy my honesty, goofiness, and vast knowledge about the subject matter. My teaching style is a hands-on because I understand that our body is an extension of our mind, so if I get participants to actually touch, taste and make things, the information will stick with them forever. You can check out my website here, [www.SummerBock.com](http://www.SummerBock.com).

## Interested in working with me?!



Thank you so much for coming to the workshop. I had a blast and I hope you did too! As promised, you get a coupon for an Introductory Session with me.

I look forward to supporting you to feel the best you've ever felt!

Probiotically,



Summer Bock