

Fermented cabbage - Pickled cabbage

1 kg white cabbage
15 g iodine-free salt
1 tsp whole cumin or 0.5 tbsp juniper berries
Glass jars (e.g. glass jars with rubber gaskets and patent locks)

Salt mixture

0.5 dl water
8 g iodine-free salt

Cleaning hands, jars and utensils

Place jars and any rubber gaskets and other utensils on a baking sheet lined with baking paper in a cold oven heated to 100 °C (212 °F). Leave them there until they are completely dry. Now it is forbidden to bring bare hands to the inside of jars and utensils.

Salt mixture

Dissolve salt in hot water and let cool. Leave in the refrigerator.

Fermentation

Tear off a few leaves of the white cabbage that will be used as lids, at the top of the jars.

Finely shred the white cabbage with a knife, cheese grater or using a food processor.

Place the shredded cabbage in a bowl. Sprinkle with salt and mix. Let the cabbage stand for 30-45 minutes. Knead hard so that the cabbage releases liquid. Let stand for another 10 minutes and knead again.

Mix in any flavorings, cumin or juniper berries or both.

Pack the cabbage tightly in the jars so that there are no air pockets. Fill with the liquid that formed during kneading and, if necessary, with a brine. Do not fill all the way to the top, but leave a few centimeters. Place the white eel lid on top.

All the cabbage must be under the liquid. To ensure this, use a small upside-down glass or, for example, a tied plastic bag containing water.

The cabbage should now ferment for about two weeks. The cabbage should be stored at room temperature, in the dark (for example, under a bag or towel). The pressure in the jars needs to be equalized 1-2 times per day. It can then sizzle, which is why it is wise to place these on a tray or on the sink.

Check the liquid level in the jars regularly and top up with brine if necessary.

After about two weeks, place the cabbage in the refrigerator to ripen. It is optimal to let it stand for 3-4 weeks.

An opened jar will keep for about a month.