

Sauerkraut

2 heads of purple cabbage

Salt.

Method

Cut cabbage into slices breaking it up into a large bowl

Sprinkle salt into each layer of the sliced cabbage and stir up with your hands

Repeat until all the cabbage is sliced.

Transfer all this into a large pot and press firmly packing the cabbage down as hard as you can,

This is so the salt will draw out all the water and fermentation can occur.

Place a heavy weight on the top and check each day, this will take 4 to 5 days.

Remove and place in jar and refrigerate and eat as a side or just as you would pickles.