

## Soul2Soul Educare - Get Cultured with Fermented Foods Workshop

### Raw Organic Sauerkraut

Yields enough to go into 2 (64 oz) half gallon glass Mason® jars

#### What You Will Need:

- 2 Small Head Organic Green Cabbages **or**
- 1 Large Head Organic Green Cabbage
  - shredded in a food processor
  - (pull off 2-4 of the larger outer leaves and set aside the whole leaves)
- 2 TB Himalayan Pink Salt
- 2 Jalapeno Peppers (finely chopped) - Optional



#### To Make Sauerkraut:

1. Run the glass jars and the lids and rings in your dishwasher. Use heat dry, and Leave in the clean dishwasher until ready for use.
2. Using your food processor shred your cabbage and place in a large mixing bowl.
3. Sprinkle the salt all over the shredded cabbage as you go. *The salt pulls water out of the cabbage (through osmosis), and this creates the brine in which the cabbage can ferment and sour without rotting. The salt also has the effect of keeping the cabbage crunchy, by inhibiting organisms and enzymes that soften it.*
4. Using your hands knead the cabbage to squeeze out as much water as you can.
5. Once the cabbage is all slushy looking, stir in the sliced jalapenos with a wooden spoon.
6. Remove the glass jars from your dishwasher and place on kitchen counter
7. Using a pair of tongs fill the wide-mouthed jars with your cabbage mixture, tamping and packing down as much as you can allow the water to submerge the cabbage. The tamping packs the kraut tight in the jar and helps force water out of the cabbage.
8. Fold the larger outer leaves into a tight roll or a wad, and place them on top of the mixture to fill that 2-inch space.
9. Loosely close the lid. (*Note: don't tighten lid or your kraut will explode!*)
10. Place on paper towel (*since the liquid bubbles over and makes a mess on your counter*) in a dark unobtrusive spot in your kitchen for one week - making sure to cover the jars with a towel so that gnats won't get to them. You could also store it in a cool basement if you want a slower fermentation that will preserve for longer - here the kraut can keep improving for months.
11. Check the kraut every day or two. The volume reduces as the fermentation proceeds.
12. You will see the fermentation process in 1-2 days as you see the mixture bubbling (*good sign*) means the healthy Probiotics are teeming. Sometimes mold appears on the surface. This is called "scum". Skim what you can off of the surface; it will break up and you will probably not be able to remove all of it. Don't worry about this. It's just a surface phenomenon, a result of contact with the air. The kraut itself is under the anaerobic protection of the brine. Rinse off the lid. Taste the kraut. Generally it starts to be tangy after a few days, and the taste gets stronger as time passes.
13. I like it best after a week. Open the jars, remove the outer cabbage leaves, and discard.
14. Tighten your lids, and place sauerkraut in the refrigerator (this slows down the fermentation process).
15. The sauerkraut will keep in your refrigerator for up to 1 month.

#### Our Recommendation: For your next batch:

We try to start a new batch before the previous batch runs out. You can remove the remaining kraut, pack the jars with fresh salted cabbage, and then pour the old kraut and its juices over the new kraut. This gives the new batch a boost with an active culture starter.

Other Options: Add other vegetables to your sauerkraut. Grate carrots for a coleslaw-like kraut.

Other vegetables e.g. onions, garlic, seaweed, bell peppers, Brussels sprouts, turnips, beets, and burdock roots all do well.

My mother in law says that if you put pieces of horseradish in your vegetable ferments they keep the vegetables crunchy

## Kombucha

Yields enough to go into 1 gallon glass jar

### What You Will Need:

1 gallon filtered water

1 cup Organic Raw Sugar

8-10 Organic Black or Green Teabags – my personal favorites are jasmine and oolong  
(Note: don't use any teas with added flavorings and oils e.g. Orange Spice, Earl Grey, etc – these will interfere with maintaining a consistent Ph level)

(Note2: Mild tea e.g. jasmine, oolong, green tea gives milder flavored kombucha and black tea e.g. English breakfast tea gives a stronger flavored kombucha)

Large Coffee “Basket” Filters (#4 size – fit 8-12 cups)

Large Rubber Band or String

½ Cup Starter Tea (Mature Acidic Kombucha from previous batch)

Kombucha mother or Scoby (*symbiotic colony of bacteria and yeast*)



### To Make Kombucha:

1. In a large pot, mix the water and sugar, and bring to a boil.
2. Turn off the heat; Steep the tea bags in the sugar water mixture for about 15 minutes.
3. Remove the tea bags. Allow the tea to cool
4. Once the tea is cooled to body temperature, pour the tea into a glass container. (Note: it's best to use something wide, kombucha needs adequate surface area and works best if the diameter of the container is greater than the depth of the liquid).
5. Add the starter tea to the cooled tea.
6. Gently place the kombucha mother or Scoby into the liquid.
7. Cover the jar with a coffee filter and secure with a large rubber band, and store in a warm spot (*ideally 70° to 85°F – on top of the refrigerator is a good place*). Leave undisturbed to ferment for 3-14 days (*depending on how strong you want the flavor to be – the longer you leave it, the stronger and more acidic the flavor*)
8. After a few days to 1 week, depending on the temperature, you will notice a haze or white film that will form on the surface – this is another scoby forming.  
(Note: if you see green, black or orange forming – this is mold – please throw away your kombucha) – if you see a brownish color this is fine.
9. Once it reaches the acidity that you like, you can flavor it with fruit or fruit juice.
10. Option **A** for flavoring: Add fresh fruit - slice up pear or peaches into your kombucha or put fresh berries (mash berries first), or pieces of crystallized ginger.  
Note: If you are using fresh fruit, then you may want to let it sit on your counter bottled for another 2 days. A gas will build up, so be careful when opening your bottle after 2 days it may pop. Open slowly to carefully let the gas out.  
Option **B** for flavoring: – Add store bought organic juice to the kombucha - If you are using fruit juice, then a 20% fruit juice: 80% kombucha is a good ratio, i.e. 1 to 4 parts. You don't need to ferment any longer if you're using this option, and can drink it right away or you can let it ferment (*if you want a more alcoholic taste*). Then you can cover it with an airtight lid, and store in your fridge to enjoy. (Note: storing in the refrigerator stops the fermentation process – if you leave it out – it will continue to ferment and sour).
11. You can start a new batch and store your mature kombucha in the refrigerator. You will now have 2 mothers – the original you started with and a new one. You can use the old or new one in your new batch or you can leave the two together to fuse together to become a fatter mother.

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