

# Fermented Vegetable Recipes

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**GAPS Guide: Simple Steps to Heal Bowels, Body and Brain**

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## Equipment Needed Per Medium Cabbage

- mixing container (large bowl, pot, etc)
- grater (hand grater, electric food processor, spiralizer, etc)
- sea salt. **Note:** Every salt has a different impact on ferments, so each type of salt is used in different amounts. For more information, you can Google this topic. Per medium cabbage, I use approximately one tablespoon of Sel Marin de Geurande unrefined sea salt from Brittany.
- black pepper (pre-ground or freshly crushed peppercorns)
- wide mouth mason jar(s) providing 1.5 litre of space (two one-litre jars or one 1/5 litre jar)
- tight-fitting lid

## Recipes

### Ginger Garlic Veg

- whole **green cabbage**
- several **carrots**
- two or three **garlic** cloves
- peeled **ginger**
- one whole **onion**

### Curried Carrot Kraut

With thanks to [Vibrant Living](#) raw foods guidebook, by James Levin and Natalie Cederquist. As they note in their book, “The carrots provide a bit of sweetness which complements the curry, as well as contributing to a lovely orange colour. A delicious full-flavoured kraut, great as a side dish or over a salad.” Vibrant Living has two more veggie ferment recipes plus six for nut yogurts and cheeses.

- whole **green cabbage**
- six to seven medium **carrots**
- one small **onion**
- one **garlic** clove
- two tablespoons of **curry powder**

## Dill Kraut

Fantastic with mixed greens, cabbage rolls, etc. Mix with goat yogurt for a sour cream ‘n dill chip or veggie dip!

- whole **green cabbage**
- ½ large **onion**
- two **garlic** cloves
- 1.5 tablespoon of dried **dill weed** (or other amount of fresh)

## Directions

- Remove the two outmost cabbage leaves and set aside (this will be used later)
- Shred the vegetables listed in your preferred recipe, above
- If doing the curried or dill kraut, add the curry or dill now
- Add sea salt. Again, every salt has a different impact on ferments, so each type of salt is used in different amounts. For more information, you can Google this topic. Per medium cabbage, I use approximately one tablespoon of Sel Marin de Geurande unrefined sea salt from Brittany.
- Add ground black pepper or crushed peppercorns, to taste
- Mix this up a bit and start kneading. You can get extra leverage by placing the mixing bowl on the floor and rocking your whole body over it. Note: Some people skip the kneading altogether by simply adding salt water or salted cabbage or carrot juice over the batch.
- After a few minutes, juices will start to form
- Continue kneading until firmly pressing your hands flat over the batch draws juices over much of your hands.
- Stuff the mixture into jar(s), leaving at least one inch of air space at the top
- Press the batch down, to get most of the air pockets out. Juice will rise to the top.
- Press pieces of whole cabbage leaves on top, right to the edges of the jar (even going up the sides of the jar a bit), using it to “seal” the top layer of shredded veggies. The juice will rise up over much of the leaves.
- With at least 1” of air space between the veggies and lid, close the jar tightly
- Place the jar in an area away from direct sunlight, in an area generally 18-24 Celsius. (In an Excalibur dehydrator, set the machine to its lowest temperature point, ie. just barely ‘on’. Here it runs at mostly 20/21, which is perfect.)
- Only after 4-7 days, open the jar. It will likely bubble to the eyes and fizzle to the ears. Remove and throw out or eat the top cabbage leaves. Put the jar in the fridge. The batch can be eaten any time from this point forward, but will continue to deepen in flavour over subsequent weeks. It will keep in the fridge for several months.