

## How to make a Wild Garlic Sauerkraut

### You will need:

2 Handfuls of wild garlic, 1 small salad cabbage (red or white), One and a half teaspoons salt. 1 larger jar with a wide mouth, 1 smaller jar that fits inside, 1 large elastic band, a grater, a wooden spoon or juicing plunger, a chopping board, a mixing bowl, a tea towel and a knife.



### Step 1.

Find some wild garlic; look in shady damp woodlands and pick from the stalk- don't uproot.

### Step 2.

Wash and sterilise the jars; place washed jars whilst still wet upside down on a baking tray in the oven at 160-180 degrees centigrade for about 15 minutes then remove and allow to cool.

### Step 3.

Cut the cabbage in half. Grate one half and finely chop the other. Add the salt and mix well.

### Step 4.

Spoon the cabbage into the larger jar and press down firmly using a wooden spoon or a juicing plunger until the juice is released.

### Step 5.

Place the smaller jar inside the larger jar, on top of the cabbage and press down firmly so that the cabbage juice rises just above the top of the cabbage. Secure the elastic band in place over the two jars.

### Step 6.

Leave in a warm room for 2-3 days. Check for small bubbles being released from the sauerkraut (press down on the smaller jar to encourage this.)

### Step 7.

Taste your sauerkraut! Once it tastes a little sour or 'pickled' to your liking then remove the smaller jar, place the lid on the larger jar and refrigerate ready for use.

Tip: Wild garlic Sauerkraut has a fresh zingy flavour that is really tasty with creamy foods like avocado, goats cheese or risotto. Enjoy!