Shiva-kraut
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What is Shiva-kraut?

- A form of sauerkraut, flavors Indian inspired
- Indians traditionally ferment, but not kraut
- What is Indian about this recipe is the flavors
- Easy to make and near fool-proof
Steps

Shop
Chop
Massage
Pack
Shiva-kraut sampler: 2L
- 5# cabbage, cored and sliced
- 1.5T salt
- 1.5t fennel seeds
- 2t fenugreek (from Indian market)
- 2t cardamom powder
- 2t tumeric powder
- 1.5t paprika
- 1.5t coriander powder
- 1.5t mustard seeds
- 1.5t ginger powder

Shred cabbage and julienne core, massage well with salt.
Mix spices and add to cabbage
Massage all and pack
Shop

Cabbage (about 1.5#/quart)
Spices from well-stocked market (Rainbow?)
Chop

As you like it

Cuisinart is helpful here

Not quite as thin as sauerkraut
Massage

Put cabbage and salt in bowl
Massage the heck out of it
Till much fluid is formed
Mix in other ingredients
Pack Fermenter

Place in fermenter—a suitable vessel for acid
Ensure no trapped air
Pack solids firmly
Plastic helps—I use a cottage cheese lid
Liquid to cover—sprinkle a little salt on top
Use a glass to press lid down
Don’t overfill—80-85% full is fine
If you overfill you can get terrible squirting
Leave to ferment

If you use a Fido jar (recommended) no burping
10-15 days at room temperature
Longer is sharper -- more lactic acid produced
Then refrigerate
Questions?