

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

Dave's recipe

- 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?