

The Gut Academy - Module 1 -
Sauerkraut + Tonic + Kvass



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Sexy Sauerkraut

• **Dedicated to the best kraut making Omi ...** Matilda Augusta Stein who instilled “Joie de Vivre” and shared how to laugh, create, love, eat, sing, and dance with kraut.

Kraut Grandmaster Stein would put home-grown cabbage and salt in a crock with a touch of caraway, to keep away kakerlake and let ferment for four - six weeks and voila!

The Gift of Fermentation **Sauerkraut, more than a condiment ... a health tonic + a kick in the taste buds.**

The wings of our plan ... Let's not be grounded ... Come fly ...

1. Thinly slice the cabbage and with each addition sprinkle salt in a large mixing bowl and massage with love. (This gives an even distribution of salt)

2. Massage the cabbage until all water from the vegetable is released. This will take a good amount of massaging (maybe 10 minutes), so put on some good tunes and massage away or meditate in silence!

The cabbage will first begin to soften, then it will release moisture, and the moisture will begin to fizz. Massage until the cabbage is (mostly) submerged in its own liquid.

Mix in any additions. (Check out Sexy Sauerkraut E book)

3. Transfer to a clean crock or jar, making sure to pack down the cabbage as you go.

4. Pour in excess liquid. **The cabbage should be completely submerged!**

If using a glass fermenting jar, you want to weigh the cabbage down as to keep it completely submerged during the entire fermentation process.

You can use the outside leaves of cabbage, or a special glass dunker (weight).

5. Seal Fido jar and **place on a deep saucer in a dry area of your home**, away from direct UV light and sunlight, cover with a cloth.

6. Taste to see when soured to your liking. Then simply bottle if using a crock or place Fido in the fridge.

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Gut Goddess Tip: If you do not like the idea of getting sexy with the cabbage ... by massaging. Leave for a few hours covered with a weight on top and the salt will naturally draw out moisture.

RED KRAUT

1 red organic cabbage, thinly sliced

1 tablespoon ginger and turmeric, chopped

1 tablespoon juniper berries, whole

Approx. 2 tablespoons fine Himalayan salt

Prepare as above.

APPLE KRAUT

Massage ¼ of red cabbage to each ½ of green cabbage with fine Himalayan salt.

Add diced apple, turmeric, and ginger.

Over to the fermenting fairies in oxygen free jar like a Fido, out of direct light.

Taste test at 14 days. Refrigerate.

As this contains fruit it will have a quicker fermentation time than the wings of our plane - cabbage, salt and maybe a dash of Tasmanian kelp or caraway (classic/traditional kraut).

Fermentation can make the juice in jars overflow, so set your jars in a **glass** pan — metal will corrode.

Temperature affects the speed of fermentation.

Between 60°F and 65°F (15.56°C – 18.33°C) it will take 6 weeks to make sauerkraut.

The ideal kraut temperature is between 70°F and 75°F (21.11 °C – 23.89°C) where it will ferment properly in 3 to 4 weeks.

3 stages are required until lactic acid 2 – 2.5%, reaching maximum growth and ferment is finished.

Sauerkraut Juice / tonic

- When making kraut (massaging organic cabbage with fine Himalayan salt, take a good scoop of cabbage with salt and top up with clean water)

1 litre / 1.5 litre / 2 litre Fido jars.

Leave to ferment, out of direct sunlight and light, start tasting after 14 days (depending on temperature).

When ready, strain. Refrigerate the liquid.

- Or simply place some ripe sauerkraut in juicer and press as you would any other vegetable.

- Or take 3 cups of coarsely chopped, loosely packed fresh cabbage, and put into a traditional juicer.

Mix 1-1/2 cups of clean water and Himalayan salt

Pour into a glass Fido jar (one litre Fido jar is excellent), cover tightly (ensure there is at least 1 inch / 2.5 cm of space above the mixture), stand at room temperature out of direct light.

Taste up to 14 - 21 days.

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When ready, Strain off the liquid.



Kvass ... Scoop of cabbage from the bottom of kraut making, Add beet and daikon (white radish) chunks, turmeric, ginger, and lemon grass.

Top with water.

Check at 14 days.

Strain

