



BETROOT KRAUT WITH WATTLESEEDS

Makes: 1 x 1L JAR

Beetroot kraut goes with just about everything: roast beef, steak, all forms of pork – whether it be a roast with crackling or bacon and eggs or slow-cooked ribs – as well as seafood (salmon in particular), and it is awesome on eggs or in a salad. Give this a go once you have mastered the classic kraut.

BETROOT KRAUT WITH WATTLESEEDS

1 teaspoon black peppercorns

450 g beetroot, trimmed and peeled

350 cabbage (you can use green or red, or a mixture of the two)

finely grated zest of 1 lemon

½ teaspoon ground and toasted wattleseeds (optional)

2 tablespoons (33 g) fine Himalayan or sea salt

You will need a 1 litre preserving jar with an airlock lid for this recipe.

Wash the jar and all the utensils you will be using in very hot water or run them through a hot rinse cycle in the dishwasher.

Place the peppercorns in a small piece of muslin, tie into a bundle and set aside. Shred the beetroot in a food processor, or slice into thin strips by hand or with a mandolin, then place in a large glass or stainless steel bowl. Remove the outer leaves of the cabbage. Choose one of the outer leaves, wash it well and set aside. Shred the cabbage in the food processor, or slice by hand or with a mandolin. Add the shredded cabbage, lemon zest and wattleseeds (if using) to the beetroot, then sprinkle over the salt. Mix well and massage with your hands for 10 minutes to release some liquid.

Fill the prepared jar with the beetroot mixture up to halfway. Add the muslin bag containing the spices into the prepared jar, then continue to fill with the beetroot mixture. Press down well between each addition with a large spoon or potato masher to remove any air pockets. Leave 2 cm of room free at the top. The vegetables should be completely submerged in the liquid; add some filtered water if necessary.

Take the clean cabbage leaf, fold it up and place it on top of the beetroot mixture, then add the weights to keep everything submerged. Close the lid, then wrap a tea towel around the side of the jar to block out the light. Store in a dark place with a temperature of 16–23°C for 12–14 days. (Place the jar in an insulated cool box to maintain a more consistent temperature.) Different vegetables have different culturing times and the warmer it is the shorter the time needed. The longer you leave the jar, the higher the level of good bacteria and the tangier the flavour.

Remove muslin bag of spices when the desired flavour has been reached. Chill before eating. Once opened, it will last for up to 2 months in the fridge when kept submerged in the liquid. If unopened, it will keep for up to 9 months in the fridge.