



## INDIAN-SPICED CAULIFLOWER

Makes: 1 x 1L JAR

Once you have mastered the classic kraut, it is time to take off your training wheels and open up a whole new world of fermented culinary masterpieces. Play around with different vegetables, spices and herbs, and create your own gourmet delicacies, such as this one using curry spices and cauliflower.

## INDIAN-SPICED CAULIFLOWER

**500 g cauliflower  
broken into small florets**

**200 g green cabbage, shredded**

**2 tablespoons (33 g) fine Himalayan  
or sea salt**

**1 teaspoon ground turmeric**

**1 teaspoon cumin seeds, toasted**

**½ teaspoon mustard seeds, toasted**

**½ teaspoon ground coriander**

**½ teaspoon finely grated ginger**

**20 fresh curry leaves**

**10 cardamom pods**

**1 small cabbage leaf, washed**

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 cauliflower and cabbage in a glass or stainless steel bowl and sprinkle on the salt. Mix well and gently massage with your hands for 10 minutes to release some liquid.

Add the turmeric, cumin and mustard seeds, ground coriander, grated ginger, curry leaves and cardamom pods and mix well.

Fill the prepared jar with the cauliflower mixture, pressing down with a large spoon to remove any air pockets and leaving 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 cabbage leaf, fold it up and place it on top of the cauliflower mixture, then add the weights to keep everything submerged. Close the lid and 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 12–16 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.

Chill before eating. Once opened, the spiced cauliflower 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.