



Makes 6 cups
Preparation Time: 30 minutes
Cook Time: 3 days

INGREDIENTS:

5 cups shredded red cabbage
1 cup shredded carrots
¼ cup brown rice vinegar
2 teaspoons grated fresh ginger
1 teaspoon seeded and chopped fresh jalapeño chile
1 clove garlic, minced
½ teaspoon sea salt

Spicy Red Cabbage Sauerkraut

Making your own red cabbage sauerkraut is a fun and easy fermentation project. Simply pack shredded cabbage into sterilized Mason jars with salt, ginger, jalapeño, garlic, and brown rice vinegar to infuse it with finger-licking flavor. Over several days, the cabbage will ferment into a delicious, crunchy sauerkraut that's perfect for topping [carrot dogs](#) or adding to [grain bowls](#). The best part? When stored properly, this sauerkraut recipe will stay good for several months, so you can add a yummy homemade garnish to your meals long after you've made the first batch. If you're looking for homemade gift ideas, packaging up jars of this colorful 'kraut would make for a festive holiday gift.

For more vegan cabbage recipes, check out these tasty ideas:

- [Tikil Gomen \(Ethiopian-Style Cabbage, Potatoes, and Carrots\)](#)
- [Savoy Cabbage Rolls](#)
- [Delicata Squash and Roasted Cabbage Stew](#)
- Or take a look at our full collection of [cabbage recipes](#)

By Darshana Thacker Wendel

- 1 In a large bowl combine all ingredients; mix well. Let mixture stand 20 minutes or until cabbage has released its juice.
- 2 Wash two 16-oz. canning jars and lids in hot, soapy water; rinse thoroughly. Place jars in a deep pot. Add enough hot water to generously cover jars; bring to a simmer over medium. Simmer jars at least 10 minutes and keep them simmering until ready to fill.
- 3 Use tongs to remove one sterilized jar from water; drain. Place jar on a clean dish towel. Fill jar three-fourths full with cabbage mixture. Use the back of a ladle or spoon to compress cabbage so juice rises to the top. Top with water to ensure cabbage stays submerged. Repeat with second jar and remaining cabbage mixture.
- 4 Close jars loosely with lids and store in a cool, dark place, such as a kitchen cupboard. Open the jars every day to monitor fermentation process. Press down on cabbage with a spoon; if bubbles are released, fermentation is happening. Press down until all bubbles are released; loosely close lids and return to cool, dark place. Repeat the process 3 to 5 days or until bubbles are no longer forming.
- 5 At this point, the sauerkraut is ready to eat. Store in the refrigerator. Sauerkraut will keep several months.