



Now that you know how to make basic sauerkraut, here are 8 more recipes to try, using other ingredients with the cabbage. Feel free to experiment and find the combination you like.

This is a small batch and a bigger batch can be made once you are comfortable with the process. Remember the making sauerkraut is an anaerobic process, which means the air is not needed and oxygen is the enemy so it key is to keep the cabbage submerged in liquid and the jar should have a lid that can be screwed on tightly.

Equipment Needed:

Sharp knife or shredder and cutting board or food processor with shredding blade
Wooden spoon or kraut pounder
Large glass or ceramic bowl

Caraway or Celery Seed Sauerkraut

1 litre or 1 quart Mason jar with lid
1/2 head of cabbage (1 – 1½ lbs or 450-600 g)
2-3 tsp sea salt
1 tsp caraway seeds or celery seeds

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the cabbage to draw out the liquid and the cabbage starts to wilt.

Once some liquid is visible, start adding the cabbage to the jar. Sprinkle the caraway or celery seeds on each layer as you add the cabbage. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until the cabbage is all in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

Kale Sauerkraut

1 litre or 1 quart Mason jar with lid
1/2 head of cabbage (1 – 1½ lbs or 450-600 g)
2-3 tsp sea salt
1-2 cup black kale or lacinato*, chopped

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage in small pieces. Place all the cabbage and the kale into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the cabbage to draw out the liquid and the cabbage starts to wilt.



Once some liquid is visible, start adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until the cabbage is all in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

*Other types of kale can also be used as can spinach

Chia Sauerkraut

This is a small batch and a bigger batch can be made once you are comfortable with the process.

1 litre or 1 quart Mason jar with lid
1/3 head of purple or green cabbage (1 lb or 450-g)
3 tsp sea salt
1 tbsp chia seeds
1/2 cup spring water

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage into a bowl, along with the carrot and beets. Add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the cabbage to draw out the liquid and they start to wilt. You may want to put on clean rubber gloves as the beets will turn your hands red. However, but washes off fairly easily.

Once some liquid is visible, the cabbage is ready to be added to the jar. Mix in the chia seeds just before adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until everything is in the jar. Add the spring water. The extra water is needed to make sure the chia does not absorb too much liquid and prevent the cabbage from being covered. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

Beet and Carrot Sauerkraut

This is a small batch and a bigger batch can be made once you are comfortable with the process.



1 litre or 1 quart Mason jar with lid
1/3 head of purple cabbage (1 lb or 450-g)
2-3 tsp sea salt
1 carrot, peeled and shredded
1 beet, peeled and shredded
Optional: 1/4 cup red onion

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage into a bowl, along with the carrot and beets. Add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the vegetables to draw out the liquid and they start to wilt. You may want to put on clean rubber gloves as the beets will turn your hands red. However, but washes off fairly easily.

Once some liquid is visible, start adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until everything is in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

Carrot and Onion Sauerkraut

1 litre or 1 quart Mason jar with lid
1/3 head of cabbage (450-600 g)
2-3 tsp sea salt
1 carrot, peeled and shredded
1/2 cup chopped, white onion

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage along with the carrot and onion into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the vegetables to draw out the liquid and the cabbage starts to wilt.

Once some liquid is visible, start adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the vegetables down in the jar. Continue this until everything is in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.



Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

Ginger Sauerkraut

1 litre or 1 quart Mason jar with lid
1/2 head of cabbage (1 – 1½ lbs or 450-600 g)
2-3 tsp sea salt
2 tsp grated ginger

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Add the ginger and start rubbing the cabbage to draw out the liquid and the cabbage starts to wilt.

Once some liquid is visible, start adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until the cabbage is all in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

Broccoli Sauerkraut

1 litre or 1 quart Mason jar with lid
1/3 head of cabbage (1 lbs or 450g)
2-3 tsp sea salt
1 cup shredded broccoli
1/2 cup chopped, white onion

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage, broccoli and onion into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the cabbage to draw out the liquid and the cabbage starts to wilt.

Once some liquid is visible, start adding the vegetables to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until everything is in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.



Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

Carrot Ginger Sauerkraut

1 litre or 1 quart Mason jar with lid
1/2 head of cabbage (1 – 1½ lbs or 450-600 g)
2-3 tsp sea salt
1 carrot, peeled and shredded
2 tsp peeled, shredded ginger

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage, carrot and ginger into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the vegetables to draw out the liquid and the cabbage starts to wilt.

Once some liquid is visible, start adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until the cabbage is all in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

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