

## **Sauerkraut = Powerkraut!**

*This natural process has become more and more important thanks to the growing awareness of the health of today and can now also be practiced in the modern kitchen. Suitable for lactic acid fermentation are many vegetable varieties such as:*

*White cabbage, red cabbage, beetroot, carrots, cucumbers, peppers, broccoli, cauliflower, peas, kohlrabi, pumpkin, leeks, parsnips, radishes, sesame, savoy cabbage, tomatoes, courgettes ...*

*Especially the most famous Sauerkraut, the Sauerkraut is a domestic supplier for many vitamins and minerals. Sauerkraut provides the body with a lot of vitamin C, potassium, calcium, iron and healthy fiber, which are particularly valuable for our organism.*

### **Who does not want to eat and live healthier today?**

#### **So start to produce your own sauerkraut !**

Healthy, homemade sauerkraut, a simple and inexpensive method for production of an effective natural probiotic power crops.

In the Gärtopf, your sauerkraut is always fresh and appetizing.

In the past, sailors and explorers have sauerkraut as Provisions were carried along on their ships because they knew that they would be so many months at sea without fresh vegetables. Scurvy, a frequently occurring painful and death-leading vitamin C deficiency disease, was prevented when equipped on long trips several barrels of vitamin C rich sauerkraut. The good bacteria and minerals protect's you from digestive difficulties.

### **The preparation is conceivably simple and proceeds as follows:**

Ingredients for a 10 litre Gärtopf

10 kg white cabbage

60 gm salt

Juniper berries, dill, possibly caraway seeds at will

The heads are fine shredded and then layered (about 10 cm) add some salt Juniper berries or dill / caraway between each layer. Layer by layer is stamped until juice comes, continue until the pot is filled.

When well stamped, one has plenty of juice over the shredded cabbage. If its somewhat drier and has poorly formed juice. Then you can add boiled salt water (15 gm per litre, when cool) or apple juice or white wine over the stones by 20/30cm.

Now fill the water trough with water and put the lid on, it is recommended to use the Gärtopf 10 -14 days at room temperature to allow for a faster Fermentation. Soon you can also hear a bubbling or clucking, this shows that the fermentation is going on

After 10 -14 days is the fermentation process slows and then keep the pot in the basement or cool spot. Always make sure that water is in the water groove to keep a airtight seal. If you have a larger Gärtopf don't constantly open the lid, rather fill a jar/container to last a week or so and keep it in the fridge.

# Steinzeug- und Keramik-Shop Rik. Schmitt & Sohn

Die Zubereitungsschritte zur Herstellung von Sauerkraut im Gärtopf:

