



Food Museum Recipes

Simple Sauerkraut



Ingredients

- Cabbage (any amount)
- Salt (2% of the cabbage weight)
- Aromatics (optional; e.g., bay leaf, star anise, cloves, peppercorns)

Method

1. Slice the cabbage very thinly using a mandolin, food processor, or by hand. Grating works as an alternative, but ensure the pieces are fine.
2. Rinse the sliced cabbage thoroughly and drain well to remove excess water.
3. Weigh the drained cabbage. Calculate 2% of this weight in salt. For example, for 400g of cabbage, use 8g of salt.
4. Place the cabbage in a large tray or bowl. Sprinkle with the measured salt and optional aromatics. Massage or mix the cabbage well to start releasing its juices.
5. Transfer the cabbage into a sterilised fermentation vessel (like a jar or crock), pressing down firmly to remove air pockets and ensure the cabbage is submerged in its own brine.
6. Cover loosely with a cheese cloth or paper towel to allow gases to escape. Leave at room temperature for 1–3 weeks, tasting occasionally. The longer it ferments, the tangier it becomes.
7. Once fermented to your liking, seal tightly and store in the fridge for several months.



This recipe is part of our Walled Garden Series – a celebration of seasonality and the produce grown in our walled garden. Each instalment features the talented chefs and cooks we're fortunate to work with. This dish was created by Jake Barwood, a classically trained chef with a background in fine and private dining, who has led our Thrills and Grills programme for the past five years. To learn more about Jake and watch the video recipe, simply scan the QR code.



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