

HEIDI'S CULTURED VEGETABLES – delicious and healthful

1 head cabbage, grated
2 carrots, grated
1 – 2 cloves, garlic, peeled and chopped
2 tsp fresh ginger, peeled and grated
about ¼ -½ cup water
1 Tbsp salt
1 T caraway seed
3 T whey (see note)

Combine first group of ingredients in a large bowl. Take out about 1-2 cups and put in a blender with water and blend until mushy (brine). Put back in pan and add salt, seeds, and whey. Stir. Pack very tightly in a wide mouth jar. Liquid must come to top of vegetables. There must be two inches of air at the top for veggies to expand. Roll up a couple cabbage leaves and pack on top to keep veg down. Tighten lid. Let sit on counter at room temp for 3 days to a week. Refrigerate to slow down fermentation. Enjoy! (If cap looks like it is going to pop, unscrew and retighten.)

Note: To make whey: Buy plain yoghurt and put it in a strainer lined with a thin tea towel. Set this over a pan to drip for a few hours. You will then have cream cheese on top and whey in the bottom. Whey can be kept in the refrigerator for several months. Cream cheese lasts about a week.