EASTERN EUROPEAN · SIDE · SAUCE

# Classic German-Style Sauerkraut with Caraway

45 min · plus 1–3 weeks fermenting · Makes 25 × ¼ cup (40 g) · 10 kcal a portion

Video 15:27 · Backyard Chef

Vegan · Gluten-free ingredients · Nut-free

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Just cabbage, salt and caraway, soured by natural lactic-acid fermentation with no vinegar or sugar: about 10 kcal and 1 g fibre a ¼-cup serve. It is salty (about 320 mg sodium a serve), so a forkful goes a long way.

**Diet notes:** Low carb (1.3 g net carbs) but not keto: 5% of the energy is from fat, and keto meals get about 60% or more.

## Ingredients

3 · MAKES 25 × ¼ CUP (40 G)

- [ ] 1 kg **green or white cabbage**, cored and finely shredded (keep 2 outer leaves)
- [ ] 20 g (4 tsp) **non-iodised sea salt**
- [ ] 1–1½ tsp (2–3 g) **caraway seeds**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Peel off two clean outer cabbage leaves and set aside. Cut out the core and slice the cabbage thinly. 0:41
2. Layer the shredded cabbage in a bowl with the 20 g salt and the caraway seeds, finishing with salt on top. Leave 20–25 minutes until it wilts and releases liquid; squeeze lightly if you like. 2:45
3. Pack it into a clean glass jar a handful at a time with all its liquid, pressing hard to remove air pockets until the brine rises over the cabbage. If it doesn't, top up with a 2% brine (1 tsp salt dissolved in 240 ml cooled boiled water). 5:13
4. Cover with the reserved leaves and weigh down with a water-filled zip bag or small jar so everything stays under the brine. Rest the lid on loosely (not tight) so gas can escape, and stand the jar in a tray in case it overflows. 9:01
5. Ferment at cool room temperature (18–22°C) and taste after 5–7 days; leave it up to 3–4 weeks for a stronger sour flavour (about 3 weeks in a cold kitchen). 10:21
6. When it tastes right, pack into clean jars, press it under its brine, close the lids and keep in the fridge. 11:15

> **Tip** Makes about 1 kg, roughly 25 quarter-cup serves (our estimate). Keeps 3–6 months in the fridge as long as it stays under its brine. For a variation, mix grated carrot in with the cabbage.

The method is a summary in our words — the video shows every step.

## One portion, ¼ cup (40 g), gives you

1 OF 25 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 10 kcal | 0.5 g | 2.4 g | 1 g | 0.1 g | 320 mg |
| 40 kJ | 1% of a day | 1.3 g net · 1.3 g sugars | 4% of a day | 0 g saturated | 14% of a day |
| | | 1% of a day | | 0% of a day | |

**Energy from** net carbs 64% · protein 25% · fat 11%

**High in** (20%+ of a day) Vitamin K 25%

**Source of** (10–19%) Vitamin C 16%

**Recipe and video:** Backyard Chef (@BackyardChef) on YouTube — youtube.com/watch?v=sAkz4OmbB1U, published 12 July 2025. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/classic-caraway-sauerkraut