EASTERN EUROPEAN · SIDE · SAUCE

Sauerrüben (Fermented Turnip Matchsticks)

30 min · plus about 2 weeks fermenting · Makes 35 × ¼ cup (40 g) · 11 kcal a portion

Video 5:07 · Forager Chef

Vegan · Gluten-free ingredients · Nut-free

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Sauerkraut's turnip cousin: crunchy, tangy and only about 10 kcal a quarter-cup, with no sugar or vinegar. It is salty (about 480 mg sodium a serve), so treat it as a condiment.

Diet notes: Low carb (1.8 g net carbs) but not keto: 3% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

3 · MAKES 35 × ¼ CUP (40 G)

- [ ] 3 lb **purple-top turnips**, peeled and cut into fine matchsticks
- [ ] 1½ oz **kosher or sea salt** (3% of the turnips' weight)
- [ ] a little julienned **jalapeño** (about ½ pepper; optional)

Amounts in US 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 3 lb purple-top turnips completely — any purple skin left on stains the ferment. Slice them thinly on a mandoline and cut into fine 1½-inch matchsticks (or grate them, or cut ribbons or half-moons). 0:35
2. Weigh the cut turnips and toss them with 3% of their weight in kosher or sea salt (1 oz per 2¼ lb, about 1½ oz for 3 lb), plus a little julienned jalapeño if you like. 2:40
3. Pack into a vacuum bag and seal it straight away, before the salt draws out the juice; the seal doesn't have to be perfect. Date the bag. 2:49
4. Leave at room temperature. After about a week the bag puffs up with carbon dioxide: snip a corner over the sink to let the gas out, then reseal. 3:06
5. After about 2 weeks in all, or once it tastes pleasantly sour, move it to the fridge. 3:40
6. Eat it like sauerkraut, or warm the strips through at the end with pan-cooked turnip and apple, a splash of wine and stock, a little butter and fresh dill. 4:03

> **Tip** Cook's yield: about 2 lb drained turnips plus juice. No vacuum sealer? Pack about 1 lb into a quart jar, weigh it down, cover with 5% brine (5 g salt per 3½ oz water) and open it now and then to let gas out.

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

One portion, ¼ cup (40 g), gives you

1 OF 35 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
11 kcal	0.4 g	2.5 g	0.7 g	0 g	480 mg
50 kJ	1% of a day	1.8 g net · 1.5 g sugars	3% of a day	0 g saturated	21% of a day
		1% of a day		0% of a day	

Energy from net carbs 82% · protein 18% · fat 0%

Recipe and video: Forager Chef (@foragerchef4141) on YouTube — youtube.com/watch?v=rZZggkAgJK8, published 21 January 2023. 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/sauerruben-fermented-turnips