



Whole Health
Habits

Whole Health Habits Kraut eBook

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Red Cabbage Kraut

Prep: 20-25 minutes

Fermenting time: 2 days

Makes: 1 litre

Ingredients:

¼ organic red cabbage

2 organic carrots, grated

2 small organic beetroot, grated (or half a large beetroot)

½ tablespoon good quality salt (Himalayan)

¼ cup coconut water kefir (Kultured Wellness)

Filtered water



Method:

1. Remove the outer layers (but keep 1 or 2 to use as a weight at the end) and cut the cabbage into thick ribbons.
2. Grate the carrots and beetroot and add them and the cabbage to a large bowl.
3. Sprinkle the salt over the top and let it sit for 15 minutes (the salt will begin to draw the liquid from the veggies). Or if you don't want to wait, add the coconut water kefir and begin to massage (give a good squeeze) this will begin to release more water.
4. When you have about a tablespoon of water at the bottom of the mixture add it to a clean 1L glass jar and pack it down using a wooden rolling pin.
5. Add filtered water, if there is not enough water at the top of the jar, as the cabbage, carrot and beetroot need to be submerged.
6. Add one of the outer leaves of the cabbage and press it down and into the jar to keep the veggies submerged under the liquid. Make sure you leave a 2-3cm gap as the mixture can expand.
7. Place the lid on top, make sure it's airtight and place on a shelf in the pantry (away from sunlight) to ferment for 48 hours.

When it's done?? You will notice small bubbles that are starting to collect towards the top of the jar – that's it fermenting!

After 48 hours, store it in the fridge and enjoy!

****If you don't want to use the kefir, then this will still ferment with salt and water, it will just take longer, about 7-10 days.**

Apple, Carrot & Cabbage Kraut

Prep: 20-25 minutes

Fermenting time: 2 days

Ingredients:

½ organic cabbage

2 organic carrots grated

1 organic apple

1 tablespoon good quality salt (Himalayan)

¼ cup coconut water kefir (Kultured Wellness)

Filtered water

1 x 1L glass jar

1 rolling pin



Method:

1. Remove the outer layers (but keep 1 or 2 to use as a weight at the end) and cut the cabbage into thick ribbons.
2. Grate the carrots and apple (peeled and cored) and add them and the cabbage to a large bowl.
3. Sprinkle the salt over the top and let it sit for 15 minutes (the salt will begin to draw the liquid from the veggies). Or if you don't want to wait, add the coconut water kefir and begin to massage (give a really good squeeze) this will begin to release more water.
4. When you have about a tablespoon of water at the bottom of the mixture add it to a clean glass jar and pack it down using a wooden rolling pin.
5. Add filtered water, if there is not enough water at the top of the jar, the cabbage and carrot needs to be submerged. Add one of the outer leaves of the cabbage and press it down and into the jar to keep the veggies submerged under the liquid. Make sure you leave a 2-3cm gap as the mixture can expand.
6. Place the lid on top, and place on a shelf in the pantry to ferment for 48hours

When it's done?? You will notice small bubbles that are starting to collect towards the top of the jar – that's it fermenting! If it has mould at the top, discard the cabbage, mould means that air has somehow got into the bottle and it is not good. After 48 hours, store it in the fridge and enjoy!

Remember to consume about a teaspoon a day, if you are just beginning to consume fermented food.

Carrot and cabbage Kim-chi

Makes: 1 litre

Ingredients:

1/2 cabbage cut into thick ribbons
2-3 carrots, grated
2 tbsp apple cider vinegar
2 tsp salt
1 chilli, chopped
3-4 cloves garlic, minced
A good splash of fish sauce (optional)
1 tbsp grated ginger
¼ cup coconut water kefir (Kultured Wellness)
½ tsp chilli powder (optional, if you like it hot!)



Method:

1. Remove the outer layers and cut the cabbage into thick ribbons.
2. Grate the carrots and add them and the cabbage to a large bowl.
3. Sprinkle the salt over the top and let it sit for 15 minutes (the salt will begin to draw the liquid from the veggies).
4. Add the other ingredients and begin to massage and mix the veggies together, this will begin to release more water.
5. When you have about a tablespoon of water at the bottom of the mixture add it to a clean glass jar and pack it down using a wooden rolling pin.
6. Add the outer leaf of the cabbage and press it down and into the jar to keep the veggies submerged under the liquid. Make sure you leave a gap as the mixture can expand.
7. Place the lid on top, and place on a shelf in the pantry to ferment for 48hours.

When it's ready? There should be some bubbles up the top, or a slight fizz. Store it in the fridge.