GLOBAL · SIDE · SAUCE

Red Cabbage Sauerkraut with Beetroot, Fennel and Pear

60 min · plus 3 days or more fermenting · Makes 36 × ¼ cup (40 g) · 14 kcal a portion

Video 16:44 · Clean Food Living

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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A colourful kraut of red cabbage, beetroot, fennel and pear with no added sugar: about 14 kcal and 1 g fibre a ¼-cup serve. The fruit and beetroot stretch the salt, so it has about 205 mg sodium a serve — less than most krauts.

Diet notes: Low carb (2.5 g net carbs) but not keto: 5% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (210 mg sodium a serve).

Ingredients

8 · MAKES 36 × ¼ CUP (40 G)

- [ ] 2 lb **red cabbage**, cored and chopped (about 11 cups; keep 2 outer leaves)
- [ ] ¾–1 cup chopped **fennel bulb**
- [ ] ⅓ cup chopped **fennel fronds**
- [ ] 2 cups shredded **raw beetroot**
- [ ] 1 **pear**, peeled, cored and chopped
- [ ] 1 tsp **fennel seeds**, freshly ground
- [ ] 1 tbsp **natural salt** (such as pink Himalayan or sea salt)
- [ ] 1 **garlic** clove, halved (optional)

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

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Save two outer cabbage leaves. Quarter, core and chop the cabbage by hand, and chop the white part of the fennel bulb. Toss both in a large bowl with 1 tbsp salt and leave 20–30 minutes. 1:32
2. Meanwhile put the fennel fronds, shredded beetroot, chopped pear and ground fennel seeds in a separate bowl (they would turn to mush if pounded). 4:31
3. Massage and pound the salted cabbage with clean hands or a tamper until it is limp and its juice pools in the bowl, then toss in the beetroot mixture. 5:59
4. Pack the kraut into clean jars a handful at a time, pressing out all air, until three-quarters full. Add half a garlic clove to each jar if you like, pour in the bowl juices and press down again. 8:05
5. Wedge a torn cabbage leaf over the top and set a weight on it so everything is under the brine. Cover with an airlock lid, or a coffee filter held with a jar ring. 10:41
6. Ferment on the counter for at least 3 days (the brine should test below pH 4.5 by day 3), tasting until you like it. Then close with a regular lid and refrigerate; it keeps for months. 12:57

> **Tip** Makes about 3 lb, roughly 36 quarter-cup serves (our estimate). For long storage keep it below 50°F, i.e. in the fridge. Beetroot stains, so wear gloves if you like.

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

One portion, ¼ cup (40 g), gives you

1 OF 36 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
14 kcal	0.5 g	3.4 g	1 g	0.1 g	210 mg
60 kJ	1% of a day	2.5 g net · 2 g sugars	3% of a day	0 g saturated	9% of a day
		1% of a day		0% of a day	

Energy from net carbs 77% · protein 16% · fat 7%

Source of (10–19%) Vitamin C 17%

Recipe and video: Clean Food Living (@CleanFoodLiving) on YouTube — youtube.com/watch?v=w5eVFFNQgHo, published 20 July 2022. 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/red-cabbage-beet-fennel-sauerkraut