

GAPS COMBO KRAUT KIT



GAPSdiet
AUSTRALIA

GAPS COMBO Kraut Kit

This fermentation kitchen device is a new and innovative item for making fermented foods like sauerkraut, natural pickles, and kimchi in a wide-mouth mason jar. Rather than make one large single batch of fermented vegetables, this device is the perfect size to store several units with different vegetable recipes on your benchtop.

Inspired by the original German crock pots with a water moat on top, this kit has been designed with this in mind, however unlike traditional stoneware fermentation crocks, this one takes up little space so you can have several batches fermenting simultaneously, and they'll be ready in a fraction of the time.

The glass jar enables you to observe your progress and it's streamlined design also means it will look nifty on your countertop whilst it ferments.

The unit fits perfectly with regular sized wide-mouth mason jars so you can make multiple batches of different sizes. We have put the GAPS Kraut Kit together with a 950ml Ball wide mouthed mason jar because the size is perfect for storage and general use.

The Himalayan crystal salt is included in this kit and can be used to make a natural wild fermentation recipe as described in the GAPS Book.

Our GAPS COMBO Kraut Kit Includes:

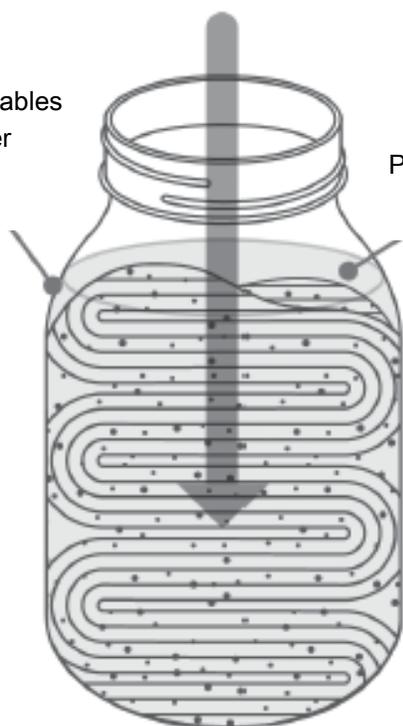
- 1 Ball wide mouth mason jar 950ml (Quart)
- 1 BPA free lid with band
- 1 stainless steel kraut source pressure release unit
- 2 FDA food-grade silicone gaskets
- 1 instruction manual download with easy sauerkraut recipe
- 1 Nirvana Himalayan Crystal Salt 125g for preserving



1

Place your prepared vegetables into a wide-mouth mason jar.

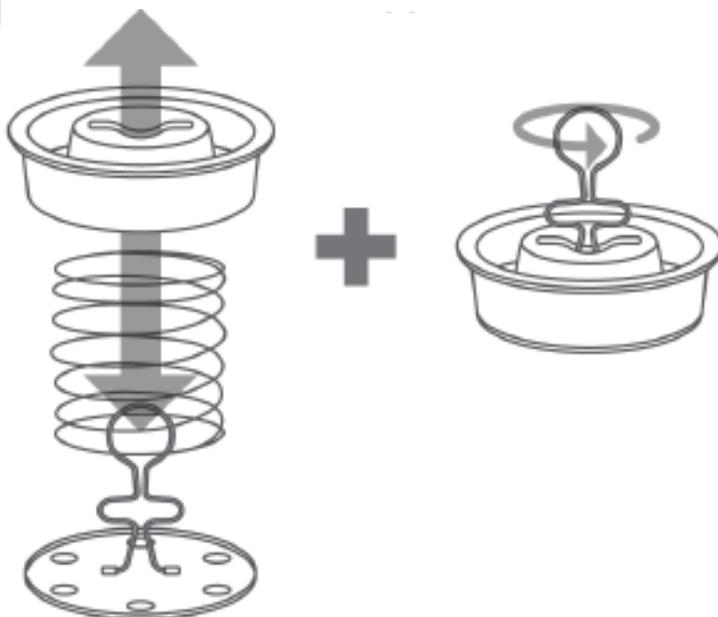
Be sure that the vegetables reach the shoulder part of the jar



Pour in enough brine to cover the vegetables by 1 inch

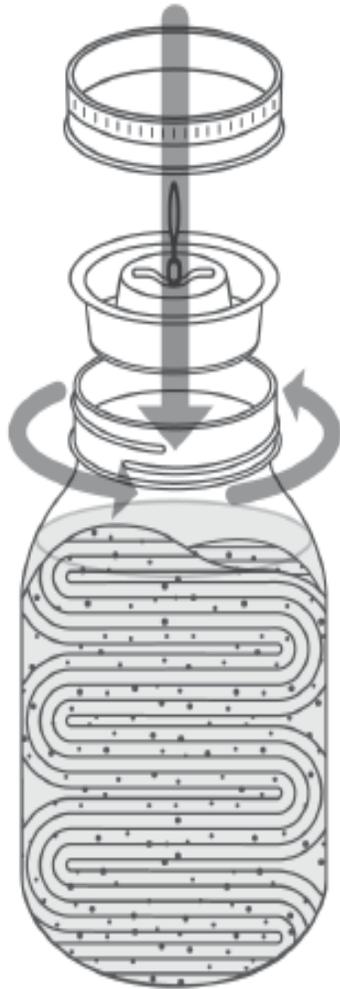
2

Place the spring into the press, and inserting it into the slit of the moat, pressing down, then turning to lock it down. Be sure the silicon gasket is attached Around the moat.



3

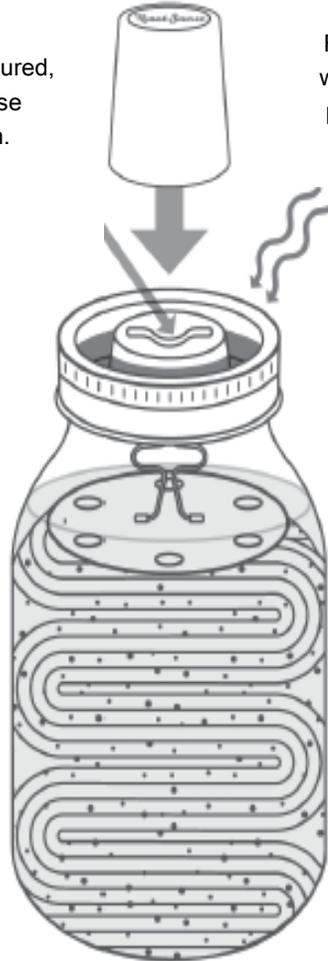
Place the assembled parts
(press, spring, moat) into the mason jar.
Screw the mason jar ring on securely.



After the ring is secured,
rotate and release
the press down.

4

Fill the moat with
water 3/4 way up,
place the cap on



*The moat must have water at all times. Check every couple of days and top off as needed. Depending on the type of vegetables and recipe, your lacto-fermented superfood can be ready in as short as 5 days, or can be left to develop for as long as 4 weeks or more.

Sauerkraut Recipe

Ingredients

approximately half to one whole organic cabbage depending on size

approximately 5 – 8 grams (15 g max) Nirvana Himalayan Crystal Salt per kg of cabbage

1. Slice the cabbage with a knife or mandolin (v-slicer).
2. Place sliced cabbage in a large bowl and evenly distribute the Himalayan Crystal salt amongst the shredded leaves.
3. Leave the cabbage to sit for ten minutes or so. This allows the cabbage to sweat and pull the water out of its leaves to create the brine for fermentation. The salt also keeps the cabbage crunchy by inhibiting organisms and enzymes that soften it.
4. Massage the cabbage with hands and fists or with a pounder. The goal is to force the cabbage juice from the leaves to create the brine. It is easier to massage the kraut if you have someone that can help you who has strong hands.
5. Place the kraut in the mason jar and pack it down tight ensuring the brine completely covers the top.
6. Assemble the kit parts and place it on the top of the jar and screw the mason jar ring over the top to secure it in place. Ensure that the juice covers the top cabbage by 1 inch and release the press by turning the ring to lock the unit down. If the water is lower than this, some salted filtered water can be added (15g salt to 1 litre).
7. Fill the water groove (moat) with filtered water 3/3 of the way up and place the cap on top.
8. Leave at room temperature to ferment for 3—10 days or longer, depending on your taste preferences. Bubbling indicates that the fermentation is taking place and the glass jar will allow you to see this. The most bubbling will occur in the first 3 days. Generally, your ferment is ready when the bubbles have settled.
9. Store in the fridge.