



Sliced Fermented Cabbage

Country of origin: Armenia

Ingredients

1 whole white cabbage, outer leaves removed and washed thoroughly

4 – 8 whole garlic cloves, peeled

3 celery stalks

1 teaspoon peppercorns

½ teaspoon coriander seeds

½ tablespoon dill seeds, or bunch of fresh dill

6 – 8 bay leaves

2 litres+ filtered water

2 tablespoons sea salt, kosher salt or pickling salt (do not use iodized table salt)

Parsley (optional)

Method

1. Cut the cabbage into 8 roughly equal pieces. You can cut the cabbage into smaller pieces to ferment faster.
2. In a large container arrange the cabbage wedges, garlic, spices, washed herbs and celery – there is no need to chop the celery, parsley and dill.
3. Dissolve salt in the water, mix well and pour over the cabbage. If you have a large cabbage you may need additional water to cover it (see salt to water ratio below).
4. Place a large plate on top and something heavy on the plate so the pieces of cabbage don't float.
5. Cover with a lid and let it sit at room temperature for 7-9 days. Check after a few days and add more water if needed.
6. Check the cabbage on day 7. If you like how it tastes, transfer the fermented cabbage into glass jars or containers and keep in the refrigerator. If you think it needs longer, leave for another day or two.

TIPS

- Salt to water ratio should be: 2 tablespoons of salt to 2 litres of water, or ½ teaspoon of salt to 250ml (a cup) of water.
- As the cabbage ferments it will change colour from green to yellow. Bubbles will rise, and foam will form on top of the water – these are all signs of the fermentation process taking place. Fermentation takes longer in cool weather.
- Use sliced fermented cabbage in soup such as Qrchik, or as an accompaniment to meals. Wash cabbage thoroughly before using.