

## **Elementals Living Recipes**

### **SAUERKRAUT/Cultured Vegetables**

**1 Medium cabbage, cored and shredded**

**1 Tablespoon sea salt**

**In a bowl mix cabbage with sea salt. Pound with a wooden pounder for about 10 minutes to release juices. Pack in a quart-sized, wide-mouth mason jar and press down firmly with a pounder until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 2 weeks days before transferring to cold storage.**