

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Fennel Kraut w/ Daikon & Napa Cabbage

Inspired and adapted from a recipe in [Tasting Table](#) Chef's Recipes.

For even and lightning-fast slices of daikon, fennel and onion, use a [mandoline](#) or your food processor's 2mm slicing blade.

Preparation time: 1 hour 15 minutes

Fermentation time: about 5 days

About 3 pounds of Napa cabbage, cored, quartered, cut into ½ inch thick slices (c 20 cups)

1# 10 ounces daikon, sliced with the 2 mm blade (7-8 cups)

10 ounces fennel bulb, cored, quartered, sliced with 2 mm blade (3-4 cups)

1 medium yellow onion, halved, sliced with 2 mm blade (2 ½ cups)

2 tablespoons high quality salt

1½ tablespoon black peppercorns (or a mix of black, green & pink peppercorns)

2 teaspoons fennel seeds

¼ cup whey

1. Place the sliced Napa cabbage in a large mixing bowl. Sprinkle it with ½ tablespoon of the salt.
2. Slice the daikon and add it to the bowl with the Napa cabbage. Sprinkle with 1 tablespoon of the salt.
3. Slice the fennel and add it to the bowl. Sprinkle with the remaining ½ tablespoon of salt.
4. Slice the onion and add it to the bowl along with the peppercorns and fennel seeds.
5. Stir the mixture. Let it sit for 30 minutes. The salt will begin drawing out the liquid from the vegetables.
6. Use your hands or a kraut pounder or a wooden pestle to mash the vegetables and draw out more of their liquid. This will take 5-10 minutes. There will be a thin layer of liquid in the bottom of your bowl.
7. Stir in the whey.
8. Transfer the vegetables and all the liquid into 2 clean half-gallon, wide-mouth canning jars. Press down on the vegetables until the juices rise to the top completely submerging the vegetables.
9. Leave 2 inches or more of air space between the top of the liquid and the top of the jar.
10. Place a glass weight on top of the vegetables. Fill a small glass jar (one that can fit inside the canning jar) with water and tighten its lid. Use this jar as a weight on top of the glass weight. Together they will keep the vegetables submerged in the liquid. Place a plastic bag upside down over the jars. Tighten the bag in place using a rubber band. Note that the plastic is not in contact with the food.
11. Store the jars in a dark cupboard for about 5 days. Check the jars daily. "Burp" the jars and make sure the vegetables are completely submerged.
12. Begin tasting the kraut on day 4. When you love the taste (usually day 5 for me), remove the weights. Put a lid on the jars and transfer them to the refrigerator.