

With autumn truly on its way I've gone for a red theme this time choosing anthocyanin rich red cabbage and onions to be the stars of this sauerkraut recipe, bringing a little colour and beneficial bacteria to the new season.

Red cabbage is a great source of vitamins C, B6, and K, biotin, folic acid, potassium, calcium, magnesium, and manganese.

Onions also contain vitamins C, B6, and K, biotin, and folic acid, along with chromium, vitamin B1, and dietary fibre. Cutting onions releases the enzyme alliinase, which causes the conversion of trans-S-(1-propenyl) cysteine sulfoxide to propanethial S-oxide which can make us cry. Onions also have good levels of the flavonoid quercetin which has antioxidant and anti-inflammatory properties.

Not only do fermented foods contain beneficial bacteria, but sauerkraut also contains fibre that help feed those good bacteria and keep them happy.

Red cabbage and onion sauerkraut

(serves ... lots, fills a 500g jar)

¼ medium red cabbage (core removed and finely sliced)

1 medium red onion (peeled, halved, and finely sliced)

½ heaped tbsp sea salt

½ tsp cumin seeds

½ tsp chilli flakes

1 small garlic clove (finely grated)

Optional flavourings: any seasoning of your choice



Layer the cabbage and onion in a large bowl dividing the salt between the layers.

Massage the mix and leave to sit for 1-2 hours covered on the side. This will soften the vegetables and they will release some liquid.

Stir in the cumin, chilli, and garlic (or seasonings of your choice).

Transfer the mixture into a clean 500ml jam jar with a tight-fitting lid, Kilner jars are great for this. If there is not enough liquid to cover the vegetables press them down and top the mixture up with water so they remain submerged (you could place a clean weight on top to ensure they stay submerged if needed).

Leave on the side, in the shade, for 5-10 days and release the gas daily. Taste regularly and when it's nice and tangy, it's ready! Store in the fridge and add to salads or sandwiches.

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