



Whole Fermented Cabbage

Country of origin: Armenia

Ingredients

1 whole white cabbage, outer leaves removed and washed thoroughly

2 celery stalks

3 – 4 whole garlic cloves, peeled

6 bay leaves

1 teaspoon peppercorns

½ teaspoon coriander seeds

5 teaspoons sea salt, kosher salt or pickling salt (do not use iodized table salt)

Filtered water

1 teaspoon sugar (optional)

Few stalks of fresh dill (or dried dill)

Few stalks of parsley (optional)

Method

1. Remove most of the core of the cabbage and fill cavity with salt.
2. Place the cabbage in a large container and add cloves of garlic, bay leaves, peppercorns, coriander seeds, sugar, dill, celery stalks and parsley (if using).
3. Fill the container with cold water until it covers the cabbage.
4. Place a heavy board or plate on top of the cabbage so that it holds the cabbage firmly under the water. It is very important to keep the cabbage pressed down firmly and tightly.
5. Place the lid on the container and allow the cabbage to sit for a week.
6. After a week, check that there is still enough water in the container to cover the cabbage and add more water if necessary.
7. Leave the cabbage to ferment for up to six weeks. Wash the cabbage leaves thoroughly before using.

TIPS

- Adding sugar helps to keep the cabbage firm while fermenting.
- 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.
- In warm weather the cabbage may be ready after one week, in cooler weather it may take two weeks or longer.
- You can use whole fermented cabbage leaves in recipes such as Tolma (stuffed cabbage rolls). Wash fermented cabbage leaves thoroughly before using.