

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Recipe for Emotional Balance & Good Mood

Traditional Old-fashioned Chinese Sauerkraut

(This sauerkraut will contain small amounts of alcohol, potentially 0.051% - the higher amount of sugar in the ingredients, the higher level of alcohol will be present. To create higher than usual alcohol content, double the amount of the carrots and let the sauerkraut ferment longer)

Ingredients:

2kg (4.5 pounds) - White cabbage head, shredded

450g (1 pound) – Carrots, julienne-style cut

2 ½ tablespoons – Sea salt

6 - dry bay leaves

½ teaspoon – black pepper seeds (whole)

12 - cloves (contains therapeutic oil – Eugenol)

2 teaspoons - Rice or any white wine



Preparation: Combine all ingredients in a shallow pot and mix well. Let the mixture sit for 10 minutes, then knead it until the juices cover the bottom of the pot. If your cabbage is not very juicy, then add ½ glass of cold water into the mix.

Transfer the mixture into a glass jar or ceramic pot. Firmly press down until the juice rises above the cabbage. Place a weight on top (I used a jar filled with water), then cover the pot with a tea towel.

Allow the mixture to ferment at room temperature for 2-3 days. Important: Be sure to pierce the sauerkraut daily with a long knife to let the fermentation gases escape.

After fermentation is complete, pack the mixture in a lidded jar and transfer it to the fridge for storage. It can be used as needed for up to nine months.

Let the magic of Food as Medicine be your best aid for all sorts of emotional & health issues!

For more functional recipes: <https://www.amazon.com/Aphrodisiac-Adventures-LillianZeltser/dp/0648804631>

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