

## Sauerkraut with Lion's Mane (Lacto-fermented)

*Fits one quart-sized (wide mouth) mason jar*

### Ingredients

- 1 lb. green cabbage, finely shredded
- 1 Tablespoon sea salt
- 2 – 3 stalks green onions, sliced
- 1 small carrot, finely shredded
- 1/3 – ½ cup cooked Lion's Mane mushroom\*

1. In a large bowl, place in the shredded cabbage, then add in salt.
2. Massage the salt into cabbage with your hands until it softens and some liquid is drawn out from the cabbage. (About 3 – 4 minutes)
3. Add in the rest of the ingredients and mix well.
4. Pack tightly into the mason jar until ingredients reach the shoulder of the jar.
5. At this point, use your preferred method to create the proper fermentation set up, or use Kraut Source.
6. Place your prepared jar away from direct sunlight on your kitchen counter and allow to ferment, at room temperature for 8 – 10 days.

When ready, remove whatever fermentation device you are using, place the standard lid onto jar and place in refrigerator for storage.

*\* Cook the Lion's Mane mushroom with cooking oil of choice and a little sea salt and pepper, or follow recipe from video.*

Original recipe by Karen Diggs  
[www.krautsource.com](http://www.krautsource.com)