

Probiotic foods: fermented cabbage or sauerkraut

The Sauerkraut is the result of fermenting cabbage or white cabbage in the presence of salt, is an ancient food.

During the fermentation process cabbage, the presence of lactic bacteria naturally present in the leaves is multiplied. Lactic acid bacteria (LAB) are a type of anaerobic microorganism, characterized by producing lactic acid from carbohydrates naturally present in the plant. For this reason, sauerkraut or fermented cabbage, is considered a food probiotic effect.

Regular consumption of sauerkraut, for its acidifying capacity, can help us to restore the pH of the small intestine, and improve digestion and assimilation of nutrients. Sauerkraut is especially rich in Lactobacillus, a type of bacteria with many beneficial features for human health and are especially susceptible to being damaged by the intake of linoleic acid, an omega -6 very present in the current supply (grains, vegetable oils and dried) fruits in vitro studies it has been observed as Lactobacillus fermented cabbage leaves can withstand extremely low pH (such as pH of the stomach), secretion of digestive enzymes and bile salts, and is resistant to even large number of antibiotics so apparently exert real consumption probiotic effect on the human gut.

In short, enter the sauerkraut in our daily diet can be especially interesting for digestive and immune health (eg, to improve seasonal allergies or inflammatory reactions of the skin), plus the proven beneficial effects of the consumption of cruciferous.

Properties sauerkraut

- ❖ It is a good supply of vitamin C. Its good conservation was a guarantee of vitamin C in those people who for months was available only fruits and vegetables (cold weather, travel, etc..)
- ❖ Thanks to its fermentation is rich in lactic acid which is very important for the stomach and intestines bacteria item. Its rich in enzymes make favors digestion and thus absorption of nutrients from food.
- ❖ The choucroute or sauerkraut can be useful in cases of constipation and diarrhea due to indigestion.
- ❖ In cases of intestinal bloating and gas, digestive origin.
- ❖ Its rich in enzymes promotes the functioning of the liver and pancreas.
- ❖ Ideal as a seasoning in heavy meals because it promotes the breakdown of meat proteins.
- ❖ Like all fermented foods has great remineralizing and purifying effect at once.
- ❖ The choucroute or sauerkraut promotes urine production and excretion of uric acid.
- ❖ Prevents scurvy which is a disease that once finished with most of the crews of the ships as long as they were at sea without fruits or vegetables lacked vitamin C. Captain James Cook forced his crew to make sauerkraut for their journey eight months into his trip to Tahiti in 1768. It was normal to lose half the crew and he just had casualties.

Nutritional information for sauerkraut

At your intake of vitamin C we must add that it is very rich in minerals like calcium, iron, phosphorus, B1, B2, magnesium and vitamin A. Those who care the diet are in luck as well as his great properties we can add that provides only 10 to 20 calories per hundred grams.

* It is recommended to make sauerkraut at home, and that we can find in the stores lack many of the nutritional properties and usually carry a lot of salt (caution for people with hypertension)

Recipe We need:

1 Col - 1 tablespoon unrefined sea salt - water - glass bottle

Preparation:

Chop cabbage fine, minus a couple of leaves that will book. We put in a bowl and toss the salt. Then the "massaged" for about 10 minutes. We will see that the volume is greatly reduced and it starts to drop water.

Now fill the jar with cabbage and press down firmly squeezing well. When there are 2 or 3 fingers to reach the mouth of the bottle, put a few whole leaves of cabbage to make insulation and press on them. We'll do something that weight pushing down. Rather than close to the very top of the bottle will cloth (towel, cotton tea towel, etc..) Where we would put the lid and hold with a rubber band.

Keep the bottle at room temperature and away from direct light, where they will ferment 1 to 2 weeks (the longer you let the stronger flavor). If this is the first time you do test 1 week and you will pay a guide for future occasions. A week you can keep in the refrigerator up to 6 months.

Note: you can also do with carrot, radish, cucumber.

Fermented foods promote digestion in addition to the fermentation of the vegetable nutrients that fermentes multiply and facilitate absorption. Fermented are particularly suitable to replace probiotic gut bacteria-destroying drugs, alcohol, junk food, etc.