The preparation of sauerkraut is a clear illustration of the meaning of the Greek word **'baptizo'**, which is translated as **baptise** with reference to water baptism and baptism with the Holy Spirit.

Cut white cabbage into very thin strips with a slicer.
Sprinkle salt on them - approximately 10/15 grams per kilo of cabbage.
Mix this with the cabbage and squeeze and knead it all well. Moisture is now released.
Put the cabbage in a large pot or an earthenware vat.
Place the cabbage pressed well down in the vat. You will see that **the moisture comes out on top of the cabbage**. If it does not, pour boiled water on to it, with 100 grams of salt per litre, until the cabbage is submerged.
Sprinkle some juniper berries between the cabbage strips.
Cover the sliced cabbage up with a few washed outer leaves of a cabbage. Fold the edges of the leaves inwards. Lay a little plank or a plate on top, with a heavy weight on it. Not metal. A washed cobble stone is usually used.
Place the cabbage in a place at room temperature (approximately 25°C) for a few days.
Afterwards, when the fermentation has started, it can be removed to a cool place. Fermentation is noticeable by the foam that develops, and the smell...!
The cabbage can be eaten about six weeks later.
Each time cabbage is taken from the vat, **make sure that the cabbage stays under the moisture** and cover it up again with the washed lid.
Never handle the cabbage with bare hands!