

By Tsion getu

Cabbage shredder or mandolin

I'm thinking about making Sauerkraut by using cabbage from my urban farm. Sauerkraut is a traditional fermented cabbage which has tangy and crunchy fermented cabbage dish that is packed with probiotics and nutrients. It has a distinct sour flavor that pairs well with a variety of dishes, from hot dogs to salads.

Cabbage shredder or mandolin is a kitchen tool used for slicing or shredding vegetables, including cabbage, into thin, uniform strips. This equipment is typically used in the initial preparation step of making sauerkraut, where the cabbage needs to be shredded or thinly sliced before being fermented.

- **Picture of the equipment**



- **The generic name of this equipment** is a mandoline slicer.

Mandoline slicers can be made of plastic, stainless steel, or a combination of both materials. The slicers usually come with adjustable blades that allow us to choose the thickness of the slices.

Justification

A cabbage shredder or mandoline is piece of equipment for making sauerkraut because it ensures consistent and uniform cuts of cabbage, which is essential for fermenting. The precise slicing or shredding of cabbage using a mandoline or shredder helps to release the natural juices and enzymes from the cabbage, promoting the fermentation process. The adjustable blades of a mandoline allow to customize the thickness of the cabbage slices according to our preference, whether we like our sauerkraut finely shredded or with thicker cuts. Furthermore, using a cabbage shredder or mandoline saves time and effort compared to hand chopping or slicing cabbage