

How to make GUT SHOTS

Gut shots are a liquid fire starter for your digestion. Once you have your homemade gut shots stored in fancy glass jars in your fridge, you'll want to pour an ounce into a shot glass. This elixir you custom design to your tastes, to the season, and to your constitution.

Fermented foods breed themselves. Once you start making your own gut shots, you'll notice that you naturally use one batch to start the next. Experiment with these super nutritive fermented digestive boosters. Play with colors and flavors. Gut shots are a much healthier and equally sour alternative to kombucha. And remember, just a shot will do you.

Yields 6 cups of gut shots

½ head of a large cabbage (red or green)

7 cups water

1 tsp sea salt

Tools:

½ gallon glass jar

Fine mesh strainer or cheesecloth

Sterilized glass bottles for storage: (3) 16 oz. bottles with lids are preferable.



Chop the cabbage in chunks. Place cabbage in blender. Add salt. Blend on low speed for 1 minute.

Pour the liquid mix into ½ gallon glass jar. Place plastic wrap directly on the surface of the liquid mix.

Cover with a dish towel. Store in a cool dark place for 3 days. The longer it brews, the stronger it gets.

After 3 days, remove towel and plastic wrap. Scrape off and compost and browned material from the top. Pour through fine mesh strainer or cheesecloth into a bowl, preferably with a spout.

Pour through a funnel into glass jars. If you want the gut shots to be stronger, store in a cool dark place for another 2 days. Otherwise, store in the fridge. Keeps for many moons.

Tips

- For it to brew faster, add a few tablespoons of a starter liquid from sauerkraut
- Experiment with variations to create colorful healing brews.