

Who Is Sandorkraut?

My name is Sandor Ellix Katz, and I am a fermentation revivalist.

My interest in fermentation grew out of my overlapping interests in cooking, nutrition and gardening. It started with sauerkraut. I found an old crock buried in our barn, harvested cabbage from our garden, chopped it up, salted it, and waited. That first kraut tasted so alive and powerfully nutritious! Its sharp flavor sent my salivary glands into a frenzy and got me hooked on fermentation. I have made sauerkraut ever since, earning the nickname Sandorkraut, even as my repertoire has expanded. I have explored and experimented widely in the realm of fermentation, and my mission with this website is to share information and resources, in order to encourage home fermentation experimentalists and propel more live-culture foods out into our culture.

*I am a native of New York City, a graduate of Brown University, and a retired policy wonk. In 1993, I moved from New York City to [Cannon County](#), Tennessee, where I am part of a vibrant extended community of queer folks (and many other friends and allies). I have AIDS and consider fermented foods to be an important part of my healing. (See AIDS Links below.) Since 2003 when my book *Wild Fermentation* was published, I have taught hundreds of workshops demystifying fermentation and empowering people to reclaim this important transformational process in their kitchens. I have presented workshops in more than half of the states of the U.S., as well as Canada, Australia, England, Scotland, and Italy. Venues have included universities, farms, farmers' markets, conferences, bookstores, and community spaces.*

Website: www.wildfermentation.com

See his YouTube videos at www.youtube.com/user/sandorkraut