



Sauerkraut

FERMENTATION TIME: 3-4 weeks

SERVINGS: 5-gallon container holds about 25 pounds of cabbage

INGREDIENTS

- Cabbage
- Salt (pure canning or pickling)

EQUIPMENT

- Sharp knife or food processor
- A large container or old-fashioned earthenware crock

INSTRUCTIONS

1. Remove defective and coarse outer leaves from cabbage. Rinse heads lightly in cold water and drain.
2. Cut heads into halves or quarters and core. Slice or shred the cabbage.
3. Weigh cabbage. Place the first 5 pounds in a sterilized pan or bowl. For every 5 pounds of cabbage, sprinkle with 3 tablespoons of salt. Mix well and allow salted cabbage to stand 5 to 10 minutes to wilt. Pack cabbage into container and pound cabbage firmly with a wooden tamper until enough juices are drawn out to cover cabbage. Repeat layer by layer until container is filled and cabbage is covered with one to two inches of juice. Leave four to five inches between the cabbage and the top of the container.

Source: <https://learningstore.uwex.edu/Assets/pdfs/B2087.pdf>
Find more recipes at shine365.marshfieldclinic.org

4. Use a water filled plastic bag that is heavy duty, watertight, intended for food and not colored. Fill the bag with salt water (6 tablespoons salt to one gallon water) to a depth of three to four inches, allowing the bag to completely cover the cabbage. Close securely. AIR CANNOT GET INTO THE CABBAGE AND LIQUID.

5. Place container in a well ventilated place with a constant temperature. If kept at room temperature (68 to 72 degrees F), the sauerkraut should be ready in three to four weeks. The higher the temperature, the sooner it will ferment. Fermentation may be incomplete if temperature drops below 60 degrees F.

6. Check the container daily. If film yeasts or molds form during fermentation, skim them off. Remove any discoloration at the top of the sauerkraut.

LONG-TERM STORAGE

1. CANNING

Heat fermented sauerkraut to simmering (185 to 200 degrees F). Do not boil. Pack into clean, hot canning jars and cover with hot juice.

2. FREEZING

Pack sauerkraut and juice in rigid plastic moisture or vapor proof freezer containers, in glass freezing jars or in tight sealed freezer bags.

SHORT-TERM STORAGE

1. REFRIGERATING

Keep in a tight jar or bag for up to several months.

2. LEAVING IN THE CROCK

Keep in cool storage area, but do not expose top surface to air.

NUTRITION INFORMATION

Each serving (1 cup) contains about: 27 calories; .02 g fat (0 g sat); 6 g carbs, 939 mg sodium; 2.5 g sugar; 1.3 g protein; 4.1 g fiber; 0 mg cholesterol.