



SAUERKRAUT

FERMENTATION TIME: 3 – 4 weeks **SERVINGS:** 5-gallon container (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

Remove defective and coarse outer leaves from cabbage. Rinse heads lightly in cold water and drain.

Cut heads into halves or quarters and core. Slice or shred the cabbage.

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 4 – 5 inches between the cabbage and the top of the container.

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 1 gallon water) to a depth of 3 – 4 inches, allowing the bag to completely cover the cabbage. Close securely. **Air cannot get in the cabbage and liquid.**

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°.

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

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.

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

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

LEAVING IN THE CROCK: Keep in cool storage area, but do not expose top surface to air.

