



Sauerkraut

Quality: For the best sauerkraut, use firm heads of fresh cabbage.

Yield: About 1 quart

1 lb cabbage

2 teaspoons canning or pickling salt

1. Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter.
2. Put cabbage in a suitable fermentation container and add salt. Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage. Be sure container is deep enough so that its rim is at least 4 or 5 inches above the cabbage.
3. If juice does not cover cabbage, add boiled and cooled brine (**1-1/2 tablespoons of salt per quart of water**).
4. Add plate and weights; cover container with a clean towel.
5. Store at 70° to 75°F while fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° to 65°F, fermentation may take 5 to 6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.
6. If you weigh the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to check the kraut 2 to 3 times each week and remove scum if it forms.
7. Fully ferment kraut 3-6 weeks. Fully fermented kraut may be kept tightly covered in the refrigerator for several months or it may be canned as follows:
 1. **Hot pack** – Bring kraut and liquid slowly to a boil in a large kettle, stirring frequently. Remove from heat and fill jars rather firmly with kraut and juices, leaving 1/2-inch headspace.
 2. **Raw pack** – Fill jars firmly with kraut and cover with juices, leaving 1/2-inch headspace.
8. Adjust lids and process in a boiling-water or steam canner.

Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15 min	15 min	20 min
	Quarts	15 min	20 min	20 min	25 min
Raw	Pints	20 min	25 min	30 min	35 min
	Quarts	25 min	30 min	35 min	40 min