



Sauerkraut

Sauerkraut is made from thinly shredded cabbage or a combination of cabbage and other vegetables that is salted and allowed to ferment in its own juice. Sauerkraut made in smaller batches ferments more quickly

Conversion recipe for smaller quantities		
Jar Size	Cabbage	Pickling Salt
1-quart wide-mouth jar	1 ¼ pounds	2 ¼ tsp
½ gallon wide-mouth jar	2 ½ pounds	4 ½ tsp
1 gallon wide-mouth jar	5 pounds	3 Tbl



Instructions:

1. Remove outer leaves from the cabbage and rinse heads with cold water and drain.
2. Cut the heads into halves or quarters and remove the cores. Trim and discard any damaged tissues. *Note:* Cabbage can be weighed before or after shredding.
3. Shred or slice cabbage using a sharp knife, kraut cutter, mandolin or food processor.
 - The shreds should be long and thin, about a thickness of a quarter.
4. Once shredded, place cabbage in a large bowl and sprinkle pickling salt over the cabbage.
5. With clean hands (or wearing disposable gloves), thoroughly mix the salt into the cabbage.
 - You will notice the cabbage will begin to wilt as the salt is mixed in.
6. When all the salt has been added and dissolved and the cabbage is juicy, begin packing the cabbage firmly into the jar.
 - Use your fist or wooden mallet to firmly and evenly press the cabbage into the jar. As you pack, you will notice the juice coming from the cabbage. You will need enough juice to cover the packed cabbage.
Note: It is important to leave at least 3-4 inches of head space between the cabbage and the top of the jar.
7. Once the jar is adequately filled and the juice is covering the cabbage, you are ready to put a weight on the kraut to keep the liquid covering the cabbage during the fermentation period.
 - The weight can be a purchased food-grade glass disk, stainless steel spring, or a small freezer-weight plastic bag filled with brine that fits the jar.
Note: If you are using a brine-filled plastic bag as a weight, you do not need the lid on top.
 - Be sure to wipe the edges of the jar before putting the weight on top.
8. Place the fermenting lid and screw band on top of the jar and set in a warm location to ferment.
9. Store at 70-75 degrees F while fermenting.

- At temperatures between 70-75 degrees F, sauerkraut will be fully fermented in about 1-2 weeks.
- At temperatures between 60-65 degrees F, fermentation may take 2-3 weeks.
- At temperatures lower than 60 degrees F, the sauerkraut may not ferment.
- At temperatures above 75 degrees F, the sauerkraut may become soft.

Preserving sauerkraut:

Fully fermented sauerkraut may be kept tightly covered in the refrigerator for several months or it may be canned (refer to Table 1 below) or frozen for long-term storage.

If storing in the refrigerator, remove the fermentation lid and replace it with a plastic lid to prevent off-odor in your refrigerator.

If freezing, pack kraut into freezer bags or containers, label and freeze.

Store canned kraut in a cool, dark place.

Table 1

Recommended processing time for sauerkraut in boiling water canner					
		Processing time at altitudes of -			
Style of Pack	Jar Size	0-1000 ft	1001-3000 ft	3001-6000 ft	6001-8000 ft
Hot	Pints	10 min	15 min	15 min	20 min
	Quarts	15 min	20 min	20 min	25 min
Cold	Pints	20 min	25 min	30 min	35 min
	Quarts	25 min	30 min	35 min	40 min

Cook's Notes: The best kraut is made from the mid- to late-season cabbage crop. However, you can make kraut year-round from cabbage purchased at the supermarket. When making kraut from fresh-picked cabbage, it is best to wait 12 days after harvesting to make the kraut. Kraut can be made from both green and red cabbage.

Besides cabbage, you can add a small amount of grated carrot, beet, turnip, kale, hot pepper, garlic or juniper berries to your cabbage mixture.

The smaller the fermenting container, the faster the kraut will ferment. Small-batch kraut ferments quickly, so check it daily. A good test to see if kraut is ready is to smell and taste. It should smell and taste like kraut, not sour or salted cabbage. The cabbage should remain firm, not soft and slimy. It should also smell like kraut, not wine. When the kraut taste is to your liking, it is time to stop the fermentation, and it is ready to eat.

Sauerkraut can be served in many ways. It is often eaten with hot dogs and sausages. It can be cooked with chopped tart apples, mashed in with potatoes, added to chowder, used as a pizza topping and even made into a chocolate cake.