



Fermentation 101: Follow-Along Sauerkraut Recipe

Adapted from: http://nchfp.uga.edu/how/can_06/sauerkraut.html

To join the follow-along sauerkraut making activity, please have the following supplies and ingredients ready for the 6:30 pm online Fermentation class on January 20, 2021.

- Cabbage: 2 pounds (about 1 average sized head)
- Canning Salt (divided): 4 tsp (by weight 24 grams or .75 ounce) - *for cabbage* plus 1-1/8 tsp - *for brine*
- Large bowl
- Scale
- Cutting board
- Chef's knife
- Wide mouth quart jar or 1/2 gallon jar
- 2 freezer bags (quart size)
- (Optional) Kraut pounder, weights, or fermentation lids

Sample boxes of canning salt



Quality: For the best sauerkraut, use firm heads of fresh cabbage. Shred cabbage and start kraut between 24 and 48 hours after harvest.

Procedure:

1. **Prior to Class:** Make brine by boiling 1 cup water with 1-1/8 tsp canning salt. Stir to dissolve, then cool to room temperature. Set aside.
2. **Prior to Class:** Rinse cabbage heads under cold running water and drain.
3. **Prior to Class:** Save two outer leaves.
4. Cut cabbage head into quarters and remove core.
5. Shred or slice to a thickness of a quarter inch.
6. Weigh shredded cabbage into a large bowl.
7. Weigh and/or measure canning salt; sprinkle throughout layers of cabbage.
8. Mix thoroughly, using clean hands until salt draws juices from cabbage.
9. Put cabbage into a clean quart jar. Press down to compact it either with hands, kraut pounder or wooden spoon. Be sure the container is deep enough so its rim is at least 2 inches above the cabbage.
10. Place saved outer leaves onto top of shredded cabbage.
11. If juice does not cover cabbage, add cooled brine to cover cabbage.
12. Pour cool brine into doubled bagged plastic bag. Remove air and seal bags.

13. Place double-bagged brine on top of cabbage leaves to weigh down product.
14. Put onto plate, drape with a clean paper or cloth towel.
15. Keep in a dark place, and watch the magic happen.

Do not disturb the jar until normal fermentation completes (when bubbling ceases). If you use jars as weight, check the kraut 2 - 3 times weekly and remove scum if it forms.

Sauerkraut fermentation can take place under variable temperature and time combinations. For obtaining good quality sauerkraut at home, the USDA recommendation is to store at 70° to 75°F while fermenting. At temperatures between 70°F and 75°F, kraut will fully ferment in about 3 to 4 weeks; at 60°F 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.

Storage Containers: Use stoneware crocks, large glass jars, or food-grade plastic containers. Do not use aluminum, copper, brass, and galvanized or iron containers.

Sauerkraut Storage: Fully fermented kraut may be kept tightly covered in the refrigerator for several months. Fully fermented kraut may also be canned as follows (but you will lose the active cultures in the process):

- **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. Adjust lids and process according to the recommendations below:
- **Raw pack** – Fill jars firmly with kraut and cover with juices, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations below:

Recommended process time for Sauerkraut in a boiling-water or atmospheric steam canner.					
		Process Time at Altitudes of			
Style of 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	15	20
	Quarts	15	20	20	25
Raw	Pints	20	25	30	35
	Quarts	25	30	35	40