

Sauerkraut

This recipe is for informational purposes only and has not been approved by the USDA/FDA. You assume all responsibility for the safety and quality of your home-fermented products.

Ingredients

- 2-3 lbs Cabbage
- 1-1.5 TBS Salt (non-iodized)

Brine (if needed)

- 4 C Water (not chlorinated)
- 1 TBS Salt (non-iodized)



Directions

- Clean the cabbage, remove the outer leaves/core, and cut into thin ($\frac{1}{4}$ to $\frac{1}{2}$ inch) strips. Be sure they are even.
- Put the strips into a bowl and sprinkle with salt. Allow to sit for 10-15 minutes before massaging the cabbage for an additional 10-15 minutes.
- Once the cabbage has released liquid and the cabbage is soft and slightly translucent, pack the cabbage into jars tightly using a wooden spoon. Only fill jars $\frac{1}{2}$ to $\frac{3}{4}$ full.
- Add the brine that was released by massaging, or add additional brine if needed. Fill to 1-2 inch headspace to leave room for the weight.
- Top with a fermenting weight or a cabbage leaf and part of the core to hold the cabbage under the brine.
- Cover with a fermenting lid or paper towel and rubber band before placing in a cool (65°F-75°F), dark place for 5-9 days or until the sauerkraut reaches your desired tanginess.
- Remove the fermenting lid and weight, cover with a regular lid, and store in the fridge for up to 6 months.