



Making Sauerkraut

This is a small batch and a bigger batch can be made once you are comfortable with the process. Remember the making sauerkraut is an anaerobic process, which means the air is not needed and oxygen is the enemy so it key is to keep the cabbage submerged in liquid and the jar should have a lid that can be screwed on tightly.

Equipment Needed:

Sharp knife or shredder and cutting board or food processor with shredding blade

Wooden spoon or kraut pounder

Large glass or ceramic bowl

1 litre or 1 quart Mason jar with lid, clean and dry

Recipe:

1/2 head of cabbage (1 – 1½ lbs or 450-600 g)

2-3 tsp sea salt

Make sure the jar and lid are thoroughly clean and dry. Pull off the outer leaves of the cabbage. Cut in half and cut out the core. Chop or shred the cabbage into small pieces. Place all the cabbage into a bowl and add sea salt. Cover with a plate and let sit for ½ an hour. Start rubbing the cabbage to draw out the liquid and the cabbage starts to wilt.

Once some liquid is visible, start adding the cabbage to the jar. Use a utensil like a wooden spoon (do not use a metal spoon) to press and pack the cabbage down in the jar. Continue this until the cabbage is all in the jar. Leave enough space for the weight.

Add a weight to keep the cabbage pressed down and submerged below the liquid. An easy way to do this is to put a smaller jar* inside the bigger jar and put some stones or marbles in the smaller jar. Place a lid on top and screw it on tightly.

Ferment for 7-14 days. You may ferment it up to 4 weeks but it is no really necessary and it is a matter of personal taste preference. Once it has reached the taste and texture you like. Open it up and remove the weight. Put the lid back on and put it in the refrigerator. Use as desired.

*The smaller the pieces, the easier it is for the salt to draw out the water. Chopping into small pieces is on option. Another option is to shred the cabbage on a cheese grater using the side with the biggest holes. Putting the cabbage through a shredding blade in a food processor is also an option and best for large amounts of cabbage.

Tip: Save the sauerkraut juice. This can be added to the next batch, creating more liquid to make it easier for the