



Tips for Making Sauerkraut

The Process of Making Sauerkraut

- Sauerkraut is shredded cabbage rubbed with salt
- Liquid is drawn out the cabbage to create a brine
- Cabbage and brine is put in airtight glass jar and weighed down to prevent cabbage from being exposed to air
- Lacto-fermentation takes place inside the jar

Lactofermentation

- Lacto-fermentation for sauerkraut is an anaerobic process which means it takes place without oxygen
- If cabbage pokes above the liquid, it can mold especially if air is allowed in the jar.
- *Leuconostoc mesenteroides* is first organism and it produces carbon dioxide which pushes out the oxygen in the jar. Various *Lactobascillus* strains will then develop in the jar in the next 3-10 days

Tips

- PH at the beginning is 7 and should be 4 after it is finished
- It will take 10 days minimum.
- Two weeks is best for the ideal amount of strains
- If the brine level is too low, then it will spoil
- If there is too little salt, then the bad bacteria may not be held at bay while the good bacteria is developing

Tips

- Ideal temperature is 70-85 degrees F (21-30 C). The warmer the temperature, the faster it will ferment.
- If oxygen is present, then cabbage will darken (and vitamin C is being lost)
- If it is pinkish, then yeast is present which is also not good
- If mold forms, throw it out – do not just scrape it off

Equipment Needed:

- Glass jar with a lid
- Wooden spoon or kraut pounder
- Sea salt or Himalayan salt
- Cabbage
- Knife or shredder



To Make Sauerkraut

- Shred the cabbage
- Place in a bowl in layers and sprinkle with sea salt between layers
- Cover and let sit for 30 minutes to allow it to wilt and draw water out of the cabbage
- Wash your hands and rub the cabbage to draw more water out to have enough liquid to submerge the cabbage

To Make Sauerkraut

- Weights can be added to a small glass jar, and placed on top of cabbage
- If there is not enough liquid, water can be added as long as the right amount of sea salt is used (see recipe)
- Place lid on jar and screw tightly.
- After the lid goes on, do not stir or touch the sauerkraut until it is ready

To Make Sauerkraut

- Gas is going to build up inside the jar which will create a vacuum and maintain the anaerobic environment
- There are special lids for mason jar that allow air out but they are not necessary. Just loosen the lid after one week to let gas out and then tighten up again
- Once the sauerkraut is ready, open jar, remove the weight, put the lid back and place in the refrigerator

To Make Sauerkraut

- Refrigerating the sauerkraut will basically stop the fermentation process
- Sauerkraut juice from one batch can be used as starter for the next batch – use 2 tbsp per ½ cabbage
- 2 tbsp white wine per half cabbage can also be added as a starter
- Starters will make it ferment faster

Be Experimental

- Once you are comfortable with the basic process of making sauerkraut, create your own combinations
- Add other foods such as carrots, onions, beets, broccoli, cauliflower, kale, fennel seeds, celery seeds, caraway seeds, chia seeds, turnips, radish, mustard powder (or mustard), cayenne powder, dill
- The sky is the limit. Enjoy!

