



Sauerkraut in a Jar

Equipment and Ingredients

- Glass Jar with a lid, any type, wide mouth is easiest, very clean but does not need to be sterilized
- Plate to place under your jar and a nonmetallic bowl if you have one.
- Scale to weigh your cabbage or weigh it where you purchase it
- Cabbage, any type
- Salt (pickling, sea salt or kosher, not table salt)
- Optional: Other vegetables of choice (carrots, garlic, caraway seeds)

Instructions

- Remove outer leaves to reveal healthy fresh inner leaves (keep one intact leave to use later).
- Cut cabbage in quarters and remove the core.
- Cut cabbage into thin strips as desired (approx. ¼" wide)
- Weigh your cut cabbage and place in a large non-metallic bowl (if you don't have a scale, estimate the weight of the leaves and core you removed and subtract it from the weight you had when purchasing your cabbage).
- Calculate the amount of salt needed: 1 ½ to 2 tsp per pound of cabbage
- Add the salt to the cabbage (and carrot if using) and massage into the leaves, this will take 5-10 minutes. Juices will be released from the cabbage. Mix in any additional seasoning (chopped garlic or caraway seeds)
- Pack the jar tightly with the cabbage and the released juices - use a wooden spoon to push down and release any air. Top this off with an intact leaf (this helps keep the cabbage submerged in the salty water). If there is not enough liquid, make additional brine by adding 1 tsp salt to a cup of water.
- Lightly place the lid on the jar and place the jar on a plate in a dark location at room temperature. Allow to ferment for 1-4 weeks - unscrew the lid daily to release any pressure from fermentation that is in the jar. Liquid may also leak from the jar, this is normal. After the first week, taste every few days until the desired 'sourness' is present, then place in the refrigerator to stop the active fermentation process.