

MAKE YOUR OWN SAUERKRAUT—

Makes about 9 quarts

INGREDIENTS

- 25 pounds cabbage
- ¾ cup canning or pickling salt

DIRECTIONS

1. Work with about 5 pounds of cabbage at a time. Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter.
2. Put cabbage in a suitable fermentation container. A 1-gallon container is needed for each 5 pounds of fresh vegetables. A 5-gallon stone crock is of ideal size for fermenting about 25 pounds of fresh cabbage or cucumbers. Food-grade plastic and glass containers are excellent substitutes for stone crocks. Other 1- to 3-gallon non-food-grade plastic containers may be used if lined inside with a clean food-grade plastic bag.
3. Add 3 tablespoons of salt. Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage. Repeat shredding, salting and packing until all cabbage is in the container. Be sure it is deep enough so that its rim is at least 4 or 5 inches above the cabbage. If juice does not cover cabbage, add boiled and cooled brine (1 ½ tablespoons of salt per quart of water).
4. Add plate and weights; cover container with a clean bath towel. Store at 70° to 75°F while



- fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° 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.
5. If you weigh the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to check the kraut 2 to 3 times each week and remove scum if it forms. Fully fermented kraut may be kept tightly covered in the refrigerator for several months or it may be canned as follows:

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 ½-inch headspace.

Raw pack – Fill jars firmly with kraut and cover with juices, leaving ½-inch headspace.

This is a tested recipe from the *Complete Guide to Home Canning*, USDA. Bulletin No. 539, Revised 2009. Distributed by: Janie Burney, PhD, RD, Professor/Extension Specialist

Follow these recommended process times:

		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

FERMENTING VEGETABLES IN A MASON JAR

Fermenting sauerkraut and other vegetables in quart and half-gallon Mason jars is an acceptable practice, but may result in more spoilage losses. This is because it can be difficult to keep the cabbage submerged under the brine.

Fermenting in jars can be useful if you plan to do a few jars and refrigerate them rather than processing. If you plan to ferment several heads of cabbage, it is best to use a larger container and process them in a water-bath canner so they can be stored safely at room temperature.

Sauerkraut in a Jar

Makes 1 quart

INGREDIENTS

- 2 pounds cabbage (8 to 10 cups shredded or chopped)
- 1 tablespoon plus ½ teaspoon canning or pickling salt
- 1 wide mouth quart jar

DIRECTIONS

1. Wash jar, lid, bowls and utensils in hot water and soap or wash in the dishwasher.
2. Wash, shred or slice cabbage to the thickness of 1 to 2 quarters.
3. Combine cabbage and salt in a large bowl; mix thoroughly. Allow salted cabbage to stand for 5 minutes to begin to draw juice out of the cabbage.
4. Using your clean hands press down and squeeze the cabbage to draw juices. Repeat until cabbage starts to become soft and you notice juice in the bottom of the bowl.
5. Pack cabbage and juice into jar. Reach in with your hand or a wooden spoon and press the cabbage down into the bottom to release any air pockets. Work with a few handfuls at a time until the cabbage and juice nearly reach the top of the jar.
6. If juice does not cover the cabbage completely, add boiled and cooled brine (1½ tablespoons of salt/ quart water).
7. Push the cabbage under the brine using a smaller jar that fits inside the opening or a food-grade plastic bag filled with brine. Either cover with a lid (just tightly enough to keep out insects and mold, but not too tight that gas produced during fermentation cannot escape) or cover with a heavy cloth.
8. Place jar on a tray to catch overflowing juice that may leak out during fermentation. (Note: DO NOT pour the juice that bubbles out back into the jar.)
9. Allow the cabbage to ferment for about 3 weeks or until you no longer see bubbling. If you use a plastic bag with brine as a weight, do not disturb the bag. If you use jars as weight, you will need to check the kraut two to three times a week and remove scum if it forms.
10. Kraut will keep several months in the refrigerator or may be processed in a water-bath canner.

