

Homemade Sauerkraut

Ingredients:

- 1 medium head green cabbage (about 3 pounds)
- 1 1/2 tablespoons kosher salt
- 1 tablespoon caraway seeds (optional, for flavor)

Procedure:

1. **Clean everything.**
2. **Slice the cabbage.**
3. **Combine the cabbage and salt.** Transfer the cabbage to a big bowl and sprinkle the salt over top. Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands. If you'd like to flavor your sauerkraut with caraway seeds, mix them in now.
4. **Pack the cabbage into the jar.**
5. **Weigh the cabbage down.** Once all the cabbage is packed into the mason jar, slip the smaller jelly jar into the mouth of the jar and weigh it down with clean stones or marbles. This will help keep the cabbage weighed down, and eventually, submerged beneath its liquid.



Notes :

Enjoyed best when shared.

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Procedure Part 2:

6. **Cover the jar.** Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine.
7. **Press the cabbage every few hours.** Over the next 24 hours, press down on the cabbage every so often with the jelly jar.
8. **Add extra liquid, if needed.** If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage.
9. **Ferment the cabbage for 3 to 10 days.** As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature. Check it daily and press it down if the cabbage is floating above the liquid.
10. Because this is a small batch of sauerkraut, it will ferment more quickly than larger batches. Start tasting it after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate.
11. While it's fermenting, you may see bubbles coming through the cabbage, and foam on the top. These are all signs of a healthy, happy fermentation process. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged; don't eat moldy parts close to the surface, but the rest of the sauerkraut is fine.
12. **Store sauerkraut for several months.** This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.