

Fermented Foods Cooking Demo

Sauerkraut

Prep time: 15 minutes

Total time: 5 days to 1 month

Yield: 16 servings, ¼ cup each

Ingredients:

1 green or red cabbage (about 2 pounds)

4 teaspoons sea salt

Directions:

1. Remove outer cabbage leaves. Cut cabbage in half, then in quarters. Cut out some of the cabbage core.
2. Using a large chef's knife, finely slice all cabbage. Alternatively, you could use a food processor to "slice" the cabbage.
3. Put all sliced cabbage in a large mixing bowl and add salt. Massage mixture until liquid squeezes out of cabbage, about 2 to 10 minutes.
4. Pack cabbage tightly into a 1 quart (32 ounce) canning jar using a blunt object or kraut pounder. Press often when filling the jar to remove air bubbles and to allow the brine liquid to come above the cabbage. Leave about 1 inch headspace in the jar since the cabbage will expand as it ferments.
5. Put a lid or fermentation air-lock on the jar. Place in a cool, dark place.
6. Allow cabbage to ferment for about 5 days for young, crisp sauerkraut to about 1 month for more sour, softer sauerkraut. Check on ferment and taste with a clean utensil every 2-3 days until you are happy with the flavor. If the top appears dry, pack down sauerkraut until liquid rises above the cabbage.
7. Store sauerkraut in the refrigerator until it's eaten. The cold temperature will significantly slow the fermentation process.

Notes:

- If for some reason you need to make a brine to cover your vegetables, mix up 1 tablespoon sea salt per 1 cup of water.
- Once you get the hang of making basic sauerkraut, experiment with adding other ingredients to the base of cabbage like kale, turnips, beets, garlic, dill, etc.

Nutrition Information:

Per ¼ cup serving: 14 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 478mg sodium, 96mg potassium, 3g total carbohydrates, 1g dietary fiber, 2g sugars, 1g protein, 35% DV vitamin C.