

# Laura's Sauerkraut

## Tools & Ingredients

- 1 Large glass mason jar with ring and lid (regular or wide mouth)
- Flat bottomed bowl
- A tamper, or a wooden spoon to pack the cabbage into the jar and remove any air pockets
- A weight (i.e. pickle pebble) that fits the diameter of the jar
- Pickle pipe, or other type of air lock (or lid)
- Canning funnel (optional)
- Cabbage (about 2 lbs. for a liter jar)
- Salt 1 ½ - 2 tsp per pound of cabbage OR metric - multiply the total weight of the cabbage (in grams) by 0.02. Be sure to use a salt that has no iodine or anti-caking agents



## Directions

1. Peel off any bruised or damaged outer leaves from the cabbage. Cut it in half and remove the core. Rinse the cabbage using non-chlorinated water with the cut side facing up. Set aside one outer leaf for later use.
2. Using a knife or mandolin, chop or slice the cabbage about 1/8 inch thick.
3. Weigh the cabbage and calculate the salt required.
4. Place the cabbage in a large bowl and toss with salt. Let it sit for 15 minutes.
5. Pound or massage the cabbage to release its juices.
6. Transfer the cabbage to the jar. Use your fist, a tamper, or a wooden spoon to pack it down, removing any air pockets. The cabbage must be completely submerged under its juices.
7. Trim your outer cabbage leaf to a size that fits inside the jar. Place it over the sliced cabbage, then add the weight to keep the cabbage fully submerged in the brine.
8. Secure the lid & place it in a dark area, away from direct sun. The ideal temperature for fermenting is 18-21 C (65-70 F)
9. If you're not using an airlock or pickle pipe, remember to "burp" the jar daily to release any built-up gas.
10. Wait one week, then start tasting the sauerkraut daily until it reaches the desired texture and level of tanginess. It can take up to 4 weeks if you prefer a softer texture and tangier flavor.
11. Once the desired flavor and texture has been achieved, replace the pickle pipe/airlock with a lid and screw on tightly. Store in the fridge or cold cellar.