

Sauerkraut recipe

(Preparation Time: 5 Minutes, Production: 15 minutes)

- 1 Head of Cabbage (3 #'s)
- 5 ½ teaspoons of sea salt [**No iodised salt**]

Equipment Needed

- Knife
- Cutting board
- Quart Jar(s)
- Canning funnel (Optional)
- 10 inch. Bowl
- Quart or Pint sized Ziploc Bag
- Measuring Cup

Preparation

1. Clean and Sanitize everything. Give your cutting board, knives, jars, and work surface a good wash. You'll be using your hands later on in the process so don't forget to wash your hands too!!!
2. Clean and Sanitize your Ziploc bag. Fill it with water. This will be used as a weight after the ferment has been made.
3. Premeasure 4 teaspoons of salt into a bowl (This is for the cabbage)
4. **(Optional, if the cabbage didn't produce enough juice)** Premeasure 1 ½ teaspoons of salt into a measuring cup, pour in 2 cups of water in. Stir until salt is dissolved (This is called a brine, it'll help ferment your cabbage.)
5. Clean the cabbage, discard the bad and wilted leaves.

Production

1. Cut the cabbage in half, trim out the core for each half, and start slicing the cabbage into nice thin slices.
2. Transfer the cabbage into a big bowl and sprinkle that salt over the top. Mix roughly and thoroughly. Don't be afraid to rough that cabbage up a bit. A few punches here and there help break down the cabbage.
3. **(Optional, if the cabbage didn't produce enough juice)** Pour in the brine until the water is slightly above the top of the cabbage.
4. **(Optional:** Put on a funnel into a jar.) Start stuffing the salted cabbage into the jar.
Leave 1 inch of breathing room from the cabbage and the lid.
5. Put a weighted object on the top of your cabbage. So, it's below the water line.
6. Let the cabbage ferment for up to 3-10 days or eat immediately.