

# SAUERKRAUT IN A JAR

---



# RECIPE: USE GOOD, SOUND HEADS OF MATURE CABBAGE

---

- Ingredients: per 5 lbs. cabbage, make as big of a batch as you like
  - 5 lbs. cabbage
  - 2 oz. non-iodized salt (3 ½ Tbsp.)
  - 1 oz. sugar (2 Tbsp.)
  - \*Note: one pound of cabbage fills approximately one pint (16 oz.) jar
- Items needed:
  - Food processor or something to shred the cabbage
  - Scale, or weigh the cabbage at the store if purchased
  - Measuring spoons
  - Wooden spoon or something to tamp the cabbage in the jars
  - Wide mouth jars; 8, 16, or 32 ounce
  - Screw-on bands and lids
  - Hot water to sterilize jars and lids

# ADDITIONAL BRINE, IF NEEDED

---

- You may find that you do not have enough water to cover the cabbage in the jars; in this case, you can prepare additional brine.
- Dissolve 1 Tbsp. salt in 2 cups water.
- Use this mixture if you need to add more brine to cover all the cabbage or add after the first 4-5 days of the fermentation process.
- You may also add after the 6-week fermentation period, if there is not enough liquid left to cover the sauerkraut
- The brine prevents spoilage of the cabbage

# JARS AND LIDS

---

8 oz, 16 oz, or 32 oz wide-mouth jars



Wide-mouth metal or reusable plastic lids



# STEP I

---



- Remove the core from your cabbage
- Cut into wedges for shredding
- Weigh according to batch recipe, or you may weigh when purchasing, if you did not grow in your garden

## STEP 2

---



- Shred cabbage with a food processor or by hand
- Try difference settings on your food processor to get the size you like
- On this Breville Food Processor, I use the #2 setting on the shredding blade for a finer cut of cabbage

## STEP 3

---



- Weigh or measure the non-iodized salt.

# STEP 4

---



- Weigh or measure the sugar
- Sugar provides more food for the lactic acid bacteria.



# STEP 5

---



- Place the shredded cabbage, salt and sugar in a large bowl
- Wash your hands or use clean food service gloves
- Mix all ingredients by hand until well combined
- Let set for 10-15 minutes to allow the salt to pull more liquid from the cabbage
- Mix again before putting in jars

# STEP 6

---



- Use clean, sterilized, wide mouth jars
- You may also use fermentation jars if you have them (I have not used these)
- Sterilize by placing jars in boiling water for 10 minutes
- Or, run through a dishwasher sanitize cycle

## STEP 7

---



- Use a wooden spoon handle or a tamping tool if you have it, to pack the cabbage in the jar

## STEP 8

---



- Mix up extra brine if the cabbage did not create enough liquid when tamped in the jar

## STEP 9

---



- Add the extra brine as needed to fill the jar within 1/2 inch of the top
- Make sure the cabbage is covered with liquid

# STEP 10

---



- All jars should have around the same amount of cabbage and brine
- If needed, use a smaller jar for the last amount you have left

# STEP 11

---



- With a clean, damp cloth, wipe the rims of each jar to ensure there is no cabbage or salt around the jar rim
- You may use a fermentation weigh before you place the lid on the jar, but it is not necessary

## STEP 12

---



- Place lids in boiling water for 10 minutes
- You may use metal canning lids or reusable plastic canning lids with rubber rings.
- You must use lids with screw on bands to ensure a tight fit, or cabbage may spoil



# STEP 13

---



- Remove your lids from the boiling water and drain off any excess water on a clean towel

# STEP 14

---



- Place lids and bands on each jar
- Make sure the lids are tight, but don't overtighten, or they are difficult to open after fermentation

# STEP 15

---



- Jars will bubble during fermentation, and some juice may seep out
- Place jars in a container with sides to catch the juice from fermentation

# STEP 16

---



- Write the date processed on the lids or jar
- After 4-5 days, check to see if jars contain enough brine to cover the cabbage
- Add more brine if needed
- Close lids again and wipe off outside of jars
- Leave to ferment at room temperature for 6 weeks, or to your taste preference

# STEP 17

---



- After 6 weeks the cabbage has fermented into sauerkraut, and is ready to eat
- Store in a cool place such as a cellar, pantry or refrigerator
- Do no heat when consuming, or you will destroy the beneficial lactic acid bacteria
- Refrigerate after opening

White Earth Tribal and Community College

[www.wetcc.edu](http://www.wetcc.edu)

Community Extension Service Department

[www.wetcc.edu/extension.html](http://www.wetcc.edu/extension.html)

Diane McArthur:RD,LD,CDE

Extension Service Supervisor

218-935-0417 Ext. 314

[diane.mcarthur@wetcc.edu](mailto:diane.mcarthur@wetcc.edu)

Funding provided by: USDA, NIFA

created 2/17/21

