

# Recipe for: SAUERKRAUT

Makes 2 quart jars.

## INGREDIENTS

- 1 head of fresh cabbage
- 1 1/2 tsp. sea salt for every pound of cabbage
- A brine made from 1 c. water and 2 tsp sea salt

## DIRECTIONS

1. Clean cabbage and remove any damaged leaves.
2. Slice in half.
3. Shred with a mandolin, cheese grater, or cabbage slicer.
4. Toss in a large bowl with sea salt.
5. Let sit for 30 min to pull out the juices.
6. Fill jars 2/3 full with the shredded cabbage and salt mix.
7. Use a tamp or wooden spoon to push the cabbage down under the juices and push out any air pockets.
8. Add brine mixture until cabbage is completely submerged.
9. Use a heavy glass or ceramic object to keep cabbage from rising above the brine.
10. Place air lock lid on jar and store in a dark place at around 65 F.
11. Wait 2-6 weeks to complete the fermentation process. If a white mold appears on the surface of the brine, don't worry. You can just scrape it off at the end. If the sauerkraut becomes fizzy, that's a good sign of microbial activity.
12. When fermentation process is complete, remove any white mold on the surface and place in the refrigerator. You can store sauerkraut for several months.

