

Sauerkraut

Yield: About 1 quart:

2 lbs cabbage 4 teaspoons canning or pickling salt
4 quart freezer bags 2 quart jars or 1 half-gallon jar

Lab helpers: Make and cool brine by boiling 1-1/2 tablespoons of salt per quart of water until it dissolves, then cool.

1. Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter.
2. Measure 2 pounds of shredded cabbage in a large bowl and add pre-measured salt, sprinkling salt throughout cabbage. Mix thoroughly, using clean/gloved hands, until salt draws juices from cabbage.
3. Pack firmly into two quart jars, filling 1/2 - 2/3 of the jar.
 - If the cabbage is dry and does not produce enough juice to cover the cabbage, add some pre-made cooled brine.
4. Place outer leaves on top of jarred cabbage and press down to cover with brine. Add double bagged brine on top of outer leaves. Cover container with a clean towel for general storage. *(To take home from lab, place a used lid and ring on the jar during transportation; remove lid and ring once home.)*
5. Store at 70° to 75°F while fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° to 65°F, fermentation may take 5 to 6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.
6. Make sure cabbage remains under the brine. If the outer leaves mold, remove them and push the cabbage under the brine. Normal fermentation is complete when bubbling ceases and you like the flavor.
7. Fully fermented kraut may be kept tightly covered in the refrigerator for several months or it may be canned as described at <https://nchfp.uga.edu/how/ferment/recipes/sauerkraut/>

Adapted from the USDA "Complete Guide to Home Canning," revised 2009 and So Easy to Preserve



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