

Sauerkraut

adapted from Katy Carter, <https://carterfood.wordpress.com>

1 quart jar

- 1 head of **cabbage**
- 2 tsp **sea salt**
- 1 ¼ tsp **sea salt** for brine
- 1 c. **distilled water**
- optional: ½ tsp whole **carraway seeds, dill, or fennel**
- optional: sliced **onion** or **apple**

1. Remove outer leaves of **cabbage** and rinse. **Save one clean whole leaf and set aside.**
2. Quarter cabbage, and remove thick inner core.
3. Slice cabbage into fine strips with a sharp knife, mandolin, or food processor.
4. Toss cabbage in a large bowl with **2 tsp of salt** and let sit for 20-30 minutes.
5. Pound cabbage with a wooden spoon for 5 minutes, until a lot of juice is released.
6. Pack cabbage, layered with optional **herbs and onion or apple**, into clean quart jar. Pack as tightly as you can, and make sure you fill the jar (if you don't have enough cabbage, use smaller jars. It is important that they be full). Fill with any juice released from pounding cabbage.
7. If there is not enough liquid to cover cabbage, mix more **brine: 1 ¼ tsp salt to 1 C water**, add to jar until cabbage is covered.
8. Take the **reserved cabbage leaf** and tear it into a disk that covers the surface of the cabbage in the jar. Use it to "top" the sauerkraut and press down to keep all contents under brine.
9. Cover jar with lid but don't tighten it. Mark date with marker or tape.
10. Place jar in cupboard or counter for 7 days. Put it inside a shallow dish, as **fermentation will cause the juices to spill over**. Prevent this by daily using a spoon to press down on the top "cover leaf", pushing out the air and pressing down the liquid.
11. After 7 days, discard the cover leaf and any browned cabbage at the top. Sauerkraut is ready to consume. Tighten the lid and store in refrigerator.