

# Sauerkraut (Canned Version)

## Ingredients:

- 2 medium heads of cabbage (about 4 lbs), finely shredded
- 1 1/2 tbsp sea salt (adjust to taste)
- 1 tsp caraway seeds (optional, for traditional flavor)
- 1 tsp juniper berries (optional)

## Directions:

1. Prepare the Cabbage: Remove the outer leaves and set one aside. Finely shred the cabbage and place it in a large mixing bowl.
2. Massage with Salt: Sprinkle salt over the cabbage. Massage thoroughly for 5-10 minutes until the cabbage releases its natural juices.
3. Pack the Cabbage: Pack the cabbage tightly into sterilized canning jars, leaving 1/2-inch headspace. If using spices, layer them between cabbage as you pack. Pour in enough brine (from the cabbage) to completely cover the contents.
4. Ferment: Cover jars with a clean lid (not sealed) or cheesecloth. Allow the sauerkraut to ferment at room temperature for 7-10 days. Taste periodically to monitor the tanginess.
5. Prepare for Canning: Once the sauerkraut has reached the desired flavor, replace with sterilized canning lids and bands. Tighten lightly to secure.
6. Water Bath Processing: Place jars in a boiling water bath and process for 20 minutes for pint jars or 25 minutes for quart jars (adjust for altitude).
7. Cool and Store: Remove jars from the water bath and let cool completely. Check seals before storing in a cool, dark place for up to 1 year.





# KIMCHI RECIPE



Servings: 2



Prepping Time: 15 min



Cooking Time: 30 min

## Directions

- **Salt the Cabbage:** Dissolve salt in water to create a brine. Submerge cabbage quarters in the brine and weigh them down with a plate. Let soak for 6-8 hours or overnight. Rinse and drain thoroughly.
- **Prepare the Paste:** In a bowl, mix chili flakes, garlic, ginger, fish sauce, and sugar (if using) into a thick paste.
- **Combine Ingredients:** Toss softened cabbage, radish, and green onions with the chili paste in a large mixing bowl. Massage until evenly coated.
- **Pack the Jar:** Pack the mixture tightly into sterilized canning jars, leaving 1/2-inch headspace.
- **Ferment:** Leave jars uncovered or covered with a cloth for 3-5 days at room temperature, tasting daily. Once the desired flavor is achieved, secure sterilized lids and bands.
- **Water Bath Processing:** Process jars in a boiling water bath for 20 minutes (adjust for altitude). The heat will slightly soften the kimchi but retain its flavor.
- **Cool and Store:** Cool jars and check the seals. Store sealed jars in a cool, dark place for up to 6 months.

## Ingredients

- 1 large Napa cabbage (about 3 lbs), cut into quarters lengthwise
- 1/4 cup sea salt
- 6 cups water
- 1 small daikon radish, julienned
- 3 green onions, chopped
- 1/4 cup Korean chili flakes (gochugaru)
- 5 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 2 tbsp fish sauce or tamari (vegetarian option)
- 1 tsp sugar (optional)



# Fermented Garlic Honey

## Ingredients

- 2 cups raw honey
- 1 cup garlic cloves, peeled
- 1/2 tsp chili flakes (optional)



## How to make:

1. Prepare the Garlic: Peel and lightly crush garlic cloves to release oils.
2. Combine Ingredients: Place garlic cloves into sterilized canning jars. Pour honey over garlic until submerged, leaving 1/2-inch headspace. Add chili flakes if desired.
3. Ferment: Cover the jars loosely with lids or cheesecloth to allow gases to escape. Stir or shake daily for the first week. Let ferment at room temperature for 2-4 weeks.
4. Prepare for Canning: Once the desired flavor is achieved, replace with sterilized canning lids and bands.
5. Water Bath Processing: Process jars in a boiling water bath for 10 minutes (adjust for altitude). This will stop the fermentation process but preserve the honey-garlic flavor.
6. Cool and Store: Cool jars completely and check the seals. Store in a cool, dark place for up to 1 year.



# Notes on Canning Fermented Foods:

1. Fermentation First: Always allow fermentation to occur before canning to ensure proper flavor development.
2. Canning Safety: Use a boiling water bath to seal jars, but note that heat processing will reduce live probiotic cultures. If probiotics are a priority, store the fermented foods in the fridge instead.
3. Adjust for Altitude: Increase processing times as needed based on your elevation.
4. These recipes are safe for canning while still preserving the flavors and traditional essence of fermentation.