

# Homemade Saurkraut

- YIELD: 1 QUART
- PREP TIME: 30 MINUTES
- FERMENTATION TIME: 1-4 WEEKS

## Ingredients

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- 1 medium head of green or red cabbage (approximately 2-3 pounds)
- 1-2 tablespoons kosher salt (non-iodized, for fermentation)
- Optional flavor additions:
  - 1 teaspoon caraway seeds
  - 1 teaspoon mustard seeds
  - 1 small grated carrot
  - 1 thinly sliced apple
  - 1 minced garlic clove
  - 1 small piece of fresh ginger, grated



## Directions

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Prepare the Cabbage:

1. Remove any outer wilted leaves from the cabbage.
2. Cut the cabbage into quarters and remove the core.
3. Thinly slice the cabbage into ribbons using a sharp knife or mandoline.
4. Mix with Salt:
5. Place the shredded cabbage in a large mixing bowl. Sprinkle the salt evenly over the cabbage.
6. Using clean hands, massage the cabbage firmly for 5-10 minutes. You'll notice the cabbage softening and releasing liquid. This brine will be essential for fermentation.
7. Add Flavorings (Optional):
8. Mix in any desired flavor additions, such as caraway seeds, grated carrot, or ginger, for added depth and complexity.
9. Pack the Jar:
10. Firmly pack the cabbage into the jar, pressing it down as you go to remove air pockets. Use a spoon or your fist to compress it.

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## Directions continued



11. Add the Weight:
12. Place a fermentation weight or a smaller jar filled with water on top of the cabbage to keep it submerged in the brine.
13. Cover the jar with a clean towel or paper towel secured with a rubber band or jar ring. This allows airflow while keeping dust and bugs out.
14. Ferment:
15. Place the jar in a cool, dark place (65–75°F is ideal). Check it daily to ensure the cabbage stays submerged and skim off any surface scum or mold that may form.
16. Taste the sauerkraut after 1 week. Continue fermenting for up to 4 weeks, depending on your preferred level of tanginess.

### Store:

- Once the sauerkraut reaches your desired flavor, remove the weight and secure the lid on the jar.
- Store in the refrigerator, where it will continue to develop flavor slowly and can last for months.

### Variations

- Spicy Sauerkraut:
  - Add 1 teaspoon red pepper flakes or a chopped fresh chili pepper for a kick.
- Golden Turmeric Kraut:
  - Mix 1/2 teaspoon ground turmeric and a pinch of black pepper into the cabbage for vibrant color and added health benefits.
- Apple-Cranberry Kraut:
  - Add thinly sliced apples and 1/4 cup dried cranberries for a sweet and tart variation.
- Garlic-Dill Kraut:
  - Add 1 minced garlic clove and 1 tablespoon chopped fresh dill for a savory twist.
- Ginger-Beet Kraut:
  - Mix in 1/4 cup grated beet and 1 teaspoon grated fresh ginger for an earthy, tangy kraut.