

## **Four Step Easy Sauerkraut**

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A simple fermented food and much tastier than anything you can buy.

15 lbs shredded cabbage  
4 onions sliced  
9 Tbsp pickling salt  
1 Tbsp pickling spice  
3 bay leaves  
3 whole horseradish leaves  
(keeps the kraut crisp)  
Crock (ceramic or made of food safe plastic)  
Plate that will fit into the crock  
Two Mason jars filled with water (for weights)

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### 1. Preparation:

- Get rid of outer leaves. Rinse whole cabbage under running water. Quarter the cabbage and remove the core. Thinly slice cabbage with a knife or mandolin, and then slice the onion.
- Place 5 lbs of shredded cabbage and one onion in large ceramic or metal bowl, sprinkle with 3 tablespoons pickling salt, and let sit for 15 minutes. Massage the cabbage with your hands until there is a fair amount of juice released.
- Put the horseradish leaves and pickling spice in a crock, and then add the cabbage with its juice.
- Repeat the process with the remaining ten pounds of cabbage, onion, and salt.
- Place a clean pie plate over the cabbage in the crock and weight down with two water filled mason jars. Push down firmly to always make sure the cabbage is submerged in the juice. If the beneficial bacteria are exposed to oxygen, your sauerkraut will spoil.
- Cover the crock with a clean bath towel.

### 2. Fermentation. Store your kraut at 21 to 25 degrees Celsius for two to three weeks. Check every two days and remove any scum that forms. Your kraut is ready when bubbling stops.

### 3. Preservation. When fermentation stops, store kraut in Mason jars with lids in the refrigerator or preserve in hot water bath:

- Sanitize Mason jars in a boiling water canner and heat canning lids in boiling water.
- Fill the jars with kraut and fermented juice up to 1/2 inch from the top. Seal with lids but don't tighten the lids extra tight.
- Place filled jars in the canner. Cover with warm water to over the top of jars. Bring water to full rolling boil and process for 15 to 25 minutes.
- When boiling time is completed, let jars rest in the canner for 5 minutes. Remove jars without tilting and let rest for 24 hours. Do not retighten lids.

### 4. Storage. After 24 hours check to see if all lids are sealed. Store in cool dark place for up to a year.