

Homemade Sauerkraut

Josh Rink - Taste of Home Food Stylist
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Yield: 10 cups

*6 pounds (two heads)
cabbage
3 tablespoons canning salt*

Preparation Time: 45 minutes

Quarter the cabbages and remove the cores. Slice 1/8-inch thick.

In an extra-large bowl, combine the salt and the cabbage. With clean hands, squeeze the cabbage until it is wilted and has released liquid, about 10 minutes.

Firmly pack the cabbage mixture into a four-quart fermenting crock or large glass container, removing as many air bubbles as possible. If the cabbage mixture is not covered by one to two inches of liquid, make enough brine to cover by that amount.

Place a crock weight over the cabbage. The weight should be submerged in the brine. (Or place an inverted dinner plate or glass pie plate over the cabbage. The plate should be slightly smaller than the container opening but large enough to cover most of the shredded cabbage mixture. Weigh down the plate with two or three sealed quart jars filled with water. Cover the container opening with a clean, heavy bath towel.

Store the crock, undisturbed, between 70 and 75 degrees for three to four weeks (bubbles will form and the aroma will change). The cabbage must be kept submerged below the surface of the liquid throughout fermentation. Check the crock two to three times each week. Skim and remove any scum that may form on top of the liquid. Fermentation is complete when the bubbling stops. Transfer to individual containers. Cover and store in the refrigerator for up to three months.

To make brine: combine 4-1/2 teaspoons of canning salt per one quart of water in a saucepan. Bring to a boil until the salt is dissolved. Cool the brine before adding to the crock.

Per Serving (excluding unknown items): 134 Calories; 1g Fat (8.1% calories from fat); 8g Protein; 29g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 96mg Sodium. Exchanges: 5 1/2 Vegetable.