

Kraut By The Quart

Jo Banas

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Shred the cabbage and pack loosely, but firmly, into sterilized quart jars with a fork, leaving one-half inch of head space.

Add two teaspoons of salt and three teaspoons of cider vinegar to each quart.

Cover with boiling water up to 1/2 inch from the rim. Work out air bubbles with the fork.

Cover tight with the lids.

Place immediately in a cool, dark place on a pad of newspaper.

Allow six weeks to cure.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .