

Sparkle Kitchen

Homemade Sauerkraut

Ingredients

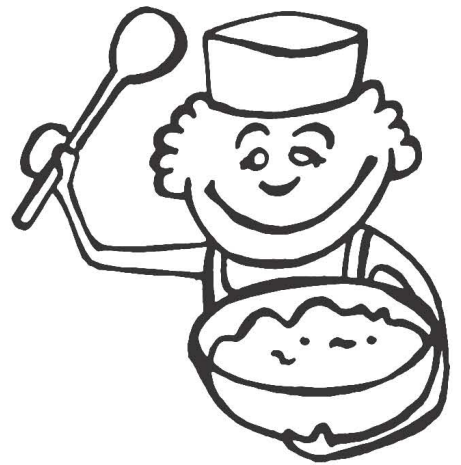
1 medium head of cabbage
2 tablespoons salt
1 tablespoon dill (or other seasoning)
bottled water

Directions

To avoid introducing unwanted bacteria, make sure all of your tools and jars are scrupulously clean to start. Then, core the head of cabbage and shred it thinly. Put it into a large bowl with the salt and dill. Using your clean hands and/or a potato masher, massage or beat the cabbage for about 10 minutes. It should shrink in volume and start to give off it's own liquid.

Once the cabbage has really started to go limp, pack it tightly into a large mason jar and pour the liquid over the top. You should have close to enough liquid to cover the cabbage, but if not you can top it off with some bottled water. Press a smaller jam jar or ramekin filled with bottled water into the top of the jar to hold the cabbage under the liquid and top with a clean dish towel or coffee filter to keep out dust.

(Note: Pictured is an old hinge-lidded jar that I like to use to make kraut. My ramekin fits perfectly inside and the lid [not sealed!] makes a good weight on top. I then cover the whole contraption with a towel. If you don't have one of these lying around, regular mason jars—one large enough to hold the cabbage, one small enough to fit inside the mouth of the larger one—will work just fine, too.)



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Let the cabbage sit at room temperature for 3-10 days, tasting it every few days to decide when it's just right for you. Move it to a container with a lid that will seal (or put a lid on the jar you're already using), and store it in the fridge to stop the fermentation. There it will keep for at least 2 months.

This will keep for a few days in the fridge, and for 3-4 months in the freezer. In addition to risotto, it's also good mixed in with pasta, or any place else you need a savory pumpkin sauce.