

# Family Recipes

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## Sauerkraut

### Ingredients/Zutaten

- 2 medium-large green or purple cabbage heads
- 1 tbsp salt
- 1 tbsp caraway and/or mustard seeds (optional)
- 2 - 3 sprigs fresh dill (optional)
- 2 carrots (optional)

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### Directions/Zubereitung

1. Sterilize all materials. Note: Soap residue can block fermenting.
2. Remove and set aside a few larger outer leaves (at least one per jar).
3. Shred the rest of the cabbage, place in a large bowl and sprinkle with salt.
4. Optionally, add shredded carrot. Add the salt.
5. Pound with a wooden mallet until cabbage is limp.
6. Squeeze the cabbage. It will soften as liquid drains out. Put the liquid and cabbage in a glass jar, and push out any air bubbles.
7. Optionally add fresh dill, whole mustard seeds or caraway seeds.
8. Pack the cabbage into sterilized jars, pressing out all air bubbles.
9. Pour excess liquid from the bowl into the jars. When jars are nearly full, place a few of the larger outer leaves on top to cover the surface. This helps keep the shredded cabbage submerged. If necessary, add a small amount of water to cover the cabbage.
10. Cover, but do not tighten or seal.
11. Place on a dish, cover with a cloth, and place in a cool (65°F to 75°F), quiet place away from direct sunlight.
12. Check once a day, pushing out air bubbles. If necessary, add a small amount of water and salt. By the 2nd day, the cabbage has usually been pressed down enough that there is some extra space in the jar. At that point, add the small baby-food jar or glass cup with rock inside to keep the cabbage submerged under water.
13. Taste after four days. If happy with the result, transfer to the fridge where it will continue to ferment, although much more slowly. Fermentation can continue up to 14 days, but check every day, press out any air bubbles and add additional water and salt as necessary.

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### Notes/Anmerkungen

1. It's normal for air bubbles to form during fermentation. If you forget to remove air bubbles daily, mold may form creating a dark scum or bad odor. If the scum can be skimmed off to top, then it's ok to do so. If there is a bad smell or visible mold, throw out the batch and start over.
2. When the sauerkraut is ready, refrigerate it. Raw sauerkraut will stay fresh for a few months in the fridge.
3. Opened jars should be consumed within 30 days.