Sauerkraut

Prep time:
15 minutes plus fermentation time: 3-7 days

Yields:
1 gallon

Ingredients:

1 medium head green cabbage (about 3 pounds)
1 1/2 tablespoons plus 1 teaspoon kosher salt
water

Directions:

1. Slice the cabbage: Discard the wilted, limp outer leaves of the cabbage. Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge crosswise into very thin ribbons.

2. Combine the cabbage and salt: Transfer the cabbage to a big mixing bowl and sprinkle the salt over top. Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands. At first it might not seem like enough salt, but gradually the cabbage will become watery and limp — more like coleslaw than raw cabbage. This will take 5 to 10 minutes.

3. Pack the cabbage into the jar: Grab handfuls of the cabbage and pack them into the canning jar. If you have a canning funnel, this will make the job easier. Every so often, tamp down the cabbage in the jar with your fist. Pour any liquid released by the cabbage while you were massaging it into the jar.

4. Dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage.

5. Cover the jar: Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine.
6. Ferment the cabbage for 3 to 10 days: As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature — ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid.
7. Start tasting it after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate.
8. Store sauerkraut for several months: This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated.