DIY Sauerkraut

GREAT SOURCE OF PROBIOTICS,FIBER, VITAMINS C,K

PREP TIME:40 MIN

TOTAL TIME: READY IN ABOUT 1-2 WEEKS

INGREDIENTS

- 1 small head green or purple cabbage
- 2 tsp kosher salt

EQUIPMENT

- Large bowl
- Quart jar with lid
- Knife
- Cutting board
- Weight* (something to keep cabbage from floating to the top of the brine)

*the weight should be made of glass or ceramic, here are some ideas https://learningandyearning.com/fermentation-weights/

DIRECTIONS

1. Rinse cabbage
2. Chop into small shreds
3. Add 2 tsp of salt and mix
4. Allow cabbage and salt to sit for 15-30 minutes
5. With clean hands, knead and squeeze the cabbage until it is soft and releases its moisture (this is the brine)
6. Pack the cabbage into the quart jar tightly
7. Pour the liquid brine on top
8. Place the weight on top of the cabbage
9. Put the jar lid on loosely
10. Place the jar in a dark place at room temperature

Check Daily:

1. Bubbles will form as the kraut ferments. Push the weight down to release the bubbles
2. If cabbage floats to the top of the brine, remove it
3. Taste occasionally with a clean fork
4. The kraut should be ready in about 1-2 weeks