



March 28, 1966

How to make sauerkraut:

"We made our own sauerkraut. The shredding tool was a flat board with a blade in it. You just slid the cabbage through it and it was shredded beautifully. Then it was put in a wooden barrel. First a row of shredded cabbage then salt was sprinkled on it and another row of cabbage. Then one member of the family had to wash his feet, get into the barrel and stamp on it until some liquid formed and the salt and cabbage were mixed. Lastly, some flat boards weighed down by heavy rocks were put on the mixture and it was left to ferment. From it was made Tiltitz kajassta, 

DEC 15 1966