

Jim's Home-made Sauerkraut

Yield: two quarts of fresh, raw sauerkraut, teeming with natural probiotics

Ingredients: 3 ½ lbs. of shredded cabbage (green, red, or half-and-half)
3 ½ tsp Redmond Real Salt

Optional ingredients:

1-2 cloves of garlic (finely chopped or shredded)
1" of fresh ginger root (finely chopped or shredded)
black pepper, caraway seed, fennel seed, or dill seed to taste

Materials Needed:

kitchen scale	mandolin-type shredder
kitchen knife	large stainless-steel or glass bowl
funnel	one plastic fold-over sandwich bag
one 2-quart wide-mouth mason jar	Jim's Jar-Top Fermentor

Preparation:

1. Place the jar ring on an outer leaf of the cabbage near the core, with the main rib of the leaf running up the middle of the ring. Cut a circle of cabbage 1/4" bigger than the ring. Repeat on a second leaf. These circles will serve to hold the prepared cabbage under the brine and will be used in Step 5.
2. Shred the cabbage into the bowl. Make sure any large pieces that break off are sliced into thin strips by hand. If you are adding any optional ingredients, mix them in here.
3. Sprinkle salt over the shredded cabbage and massage the salt into the cabbage with your hands until there is enough cabbage juice to cover the contents in the jar with about a half inch of juice.
4. Pack the cabbage and juice into the jar, making sure that it does not come up past the shoulder of the jar.
5. Cut the two prepared leaf circles in half horizontally across the main rib. Overlap the four pieces around the top of the cabbage in the jar with the curve facing outward. Press down slightly to force the juice
6. Place the stainless steel cup on top of the leaves. The top of the cup should be about even with the lip of the jar.
7. Dampen the black rubber grommet and the red rubber ring with water. Lay the ring in the channel on the under-side of the white lid, and place them on the jar so that the ring is between the lid and the lip of the jar.
8. Using a sharp knife, cut a 1/2" slit in the sandwich bag and place it on top of the lid so that the slit aligns with the black rubber grommet.
9. Remove the cap from the air-lock and fill it with water up the mark (about half-way full). Snap the small plastic cap back onto the top of the air-lock. Carefully insert the stem of the air-lock through the slit in the sandwich bag and into the grommet. The tip of the air-lock only needs to be tight enough so that air and/or liquid will not leak past it.
10. Using the metal ring, fasten the assembled air-lock onto the jar hand tight. The sandwich bag makes it easier to tighten and remove the lid.
11. Place the jar in a cool (68° to 72°F) place, away from direct sunlight. Try a step on the stairs going into your basement or a portable chest cooler with a small freezer pack in it. A refrigerator is too cold.
12. If the juices overflow into the air-lock device, which sometimes happens about the second or third day, remove the lid, discard the brine from the stainless steel cup, refill the air-lock with fresh water, and reattach the assembled lid onto the jar.
13. After 4 days, remove the lid and taste your sauerkraut. When it tastes done, remove the device and wash it out. Place a regular lid on your sauerkraut and store in the refrigerator. Enjoy! Then, start another batch or you never run out!

Questions? Contact Jim Sumsion at jes1952@gmail.com