

# Homemade Sauerkraut

## Ingredients:

- 1 Medium head of cabbage
- 1-3 Tablespoons sea salt

## Directions:

- 1) Chop or shred cabbage. Sprinkle with salt.
- 2) Knead the cabbage with clean hands, or pound with a potato masher about 10 minutes, until there is enough liquid to cover.
- 3) Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.
- 4) Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
- 5) Culture at room temperature (60-70°F is preferred) for at least 2 weeks until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
- 6) Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage. The sauerkraut's flavor will continue to develop as it ages.

Recipe adapted from: <https://www.culturesforhealth.com/learn/recipe/natural-fermentation/sauerkraut/>

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*Prior to adding salt, you can also mix 1 part other vegetables or ingredients (shredded carrots, apples, etc.) with 5 parts cabbage to vary the recipe.*

