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Marjie's Sauer Kraut

Ingredients:

(Makes 1 gallon)

- 7 lbs of washed shredded cabbage (~ 18 cups)
- 4 tbsp sea salt
- 2 tsp caraway seeds (optional)
- 2 cloves crush garlic (optional)

Preparation:

1. Clean the Picklemeister jar with warm soapy water (do not use a sterilizing solution, it may kill the good bacteria and not allow for proper fermentation).
2. Place about 1/3 of the shredded cabbage into the jar and about 1/3 of the sea salt.
3. Using a wooden pounder or meat hammer pound the cabbage until the juice from it begins to be released. Careful not to break the glass jar. This step can be done in a separate bowl and then transfer the cabbage to the glass jar.
4. Repeat steps 2 and 3 with remaining ingredients.
5. Place the spacer cap upside down on top of the cabbage and press down until there is about 1/2 inch from the brim. If there is not enough juice from the cabbage to cover the spacer cap add extra purified water.
6. Screw on the main lid, fill the air lock with water up to the marks on the sides, and insert the air lock into the rubber stopper on top of the main lid.
7. Set the jar on a plate or shallow pan to catch any overflow during fermentation (this is normal).
8. Allow to set on a counter out of direct sunlight for 10 days. Do not open the jar before hand.
9. After 10 days transfer the sauer kraut, including the juice, to a clean glass 1 gallon jar or 4 quart jars. It will keep in the refrigerator for several months. Remember this is a living food; only use a clean fork to serve the sauer kraut.

Enjoy!