



Sauerkraut in a Mason Jar



Ingredients



From *kitchnn*

- 1 medium green cabbage (about 3 pounds) Yield: 2 quarts
- 2 Tbsp. Kosher salt Servings: 8
- 1 Tbsp. caraway seeds (optional for flavor) Serving size: 1 cup



Directions



Cost: \$2.40

Servings cost: \$0.30

1. Clean everything-including your hands.
2. Slice the cabbage; discard the wilted outer leaves. Cut the cabbage into quarters and trim the core and then cut again into 8 wedges-lengthwise.
3. Combine cabbage and salt in a large bowl and mix for about 5-10 minutes.
4. Pack into the jar along with any liquid from the bowl.
5. Weigh the cabbage down with a zip lock baggie full of water.
6. Cover the jar with cloth to keep things from getting into the jar and keeping the air flowing.
7. Press cabbage every few hours.
8. Add liquid if needed.
9. Ferment the cabbage for 3-10 days on the counter.
10. Store in refrigerator for several months.

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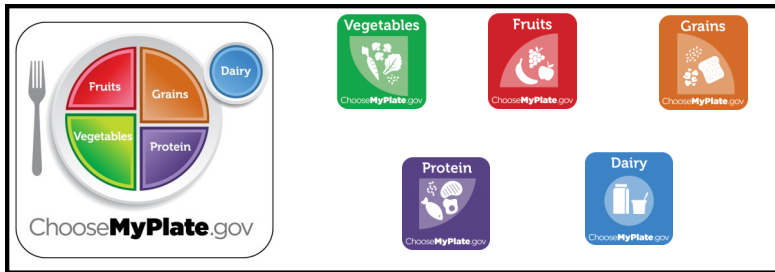
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Fast Facts



Featured Food Groups



Nutrition Facts



Cooking Tips

- When fermenting anything-it is best to have the cleanest environment as possible.
- Try red cabbage and others to make a multi-colored sauerkraut
- You can process the sauerkraut, but the canning process will kill the good bacteria's produce by the fermentation process.

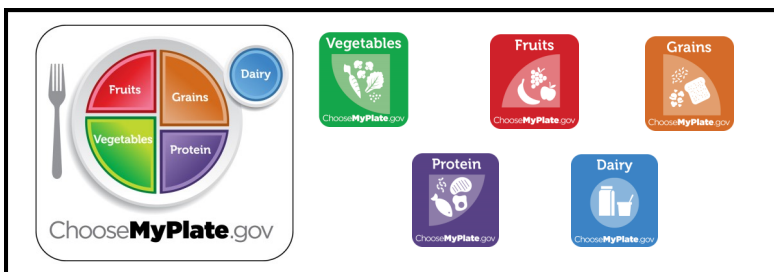
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