

## How to Make Sauerkraut

Basic sauerkraut may be one of the most popular ferments, and it is such an easy recipe that it works great for beginners.

Ingredients:

1 medium head of cabbage

1-3 tablespoons sea salt

Instructions:

Chop or shred cabbage. Sprinkle with salt.

Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher about 10 minutes, until there is enough liquid to cover.

Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

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.

Makes approximately 1 quart.