



CS Sauerkraut

Author: Bob and Robin Young

Categories: Sauerkraut

Yield: 12 pts

Description: A wonderful kraut. Takes about 2 months or so to cure. Taste test once a month.

Preparation Time: 2 hours

Serving Ideas: Good with pork, aka Pork mit Kraut. On sandwiches or straight from the jar. Rinse if too salty when opening a jar.

Ingredients

4 lg heads Cabbage,
shredded, several uncut
leaves saved

2 sm heads Red Cabbage,
shredded

6 T fresh ground Clove

6 T fresh ground

Caraway seed

11 T coarse Celtic Sea
Salt

6 T Cinnamon

Directions

1) Clean crock. Save several un-cut cabbage leaves to cover the top.

2) Combine all spices in a bowl. Add salt and thoroughly mix. The formula for the salt brine is: 1T salt/5# veggies or 1T salt/1 3/4# veggies Set aside.

3) Combine all of the cabbage shreds until blended.

3) Place about 1/3 of the mix in a crock. Sprinkle about 1/3 of the spices. Turn by hand to mix.

4) Continue to add about 1/3 of the cabbage shreds and spices and blend all by hand.

5) When all of the cabbage has been added to the crock and spices mixed in, place the saved whole cabbage leaves on top to "seal" Place weights on top of leaves to keep the cabbage below the moisture level - more liquid will build up.

6) Seal crock and place in a 65 degree room. Do not open! Keep it sealed. You might hear it fermenting.

7) At 1 month, check the kraut. Taste. If sour enough, it is done. Can and seal in jars. If not, reseal crock and keep at about 65 degrees for another month. Taste. If done, seal in jars.