**Sauerkraut**

**(You will end up with about 2 to 2 ½ quarts, depending on the size cabbage)**

1 head cabbage, green, shredded (about 14 cups)

Reserve 3 small leaves for topping off kraut

1 T. coarse salt

1 T. caraway seeds (if desired)

1. Combine cabbage, salt, and caraway seeds in a large bowl. Allow to stand for 20 minutes.
2. Massage to release liquid from cabbage, about 5 minutes.
3. Pack cabbage into 3 pint-size canning jars, making sure brine covers cabbage by at least 1” and leaving 1 to 2 inches of space at the top. Fold and push 1 reserved leaf into each, filling the top space (leaves do not need to be fully submerged).
4. \*Close jars tightly, and transfer to a glass baking dish or a nonreactive container with 2-inch-high sides. Let stand in a cool, dark place (64 to 70 degrees) for 5 days.
5. Slowly open and quickly close jars to gently release built-up pressure, being careful not to let the liquid bubble out. Let stand for 5 more days. Reopen jars to release pressure.
6. Let stand for 5 more days. Taste to determine if kraut is sour enough. Let stand until kraut is to your liking. (A 21-day ferment is my fav.)

\*If not using wire-bale jars with rubber gaskets, I place a sheet of plastic between the jar and the metal on any wide-mouth mason jar. There are of course other options as seen in today’s display.

Kraut can be refrigerated submerged in brine for up to 6 months.

Massaging the salt into the cabbage helps the vegetable release moisture. (That’s the brine.) A cabbage leaf tops each batch keeping kahm yeast, a harmless but bitter white fuzz, in check.