



# Sauerkraut

## Ingredients

- 1 Head white cabbage
- 4 Tablespoons of kosher salt
- 1 Tsp of peppercorns (optional)
- 1 Extra-large glass or plastic bowl
- 4 32-ounce mason jars
- 4 small heavy rocks

## Directions

- First make sure you have a very clean surface on your kitchen counter. We do not want any bacteria interacting with the cabbage.
- Remove the outer leaves of the cabbage, wash and set aside for later use.
- Cut the cabbage into quarters. Remove the core.
- Begin slicing each cabbage into very thin slices and place into large glass or plastic bowl. DO NOT use any metal objects while prepping the cabbage.



Sprinkle the salt, one tablespoon at a time, on the cabbage. Take your clean hands and begin massaging the salt into the cabbage. Rub it together, pinch it, squeeze it. This process can take up to five minutes. Once you've used all the salt and have massaged it into the cabbage completely, allow the cabbage to rest for about 30 minutes. This will allow the salt to withdraw the liquid from the cabbage. You should see a bit of liquid in the bowl by now. Add the peppercorns and mix into the cabbage.

Prepare the mason jars. Make sure these are clean and dry. Begin packing the cabbage into the jar, packing it down with your fist. The cabbage should be covered with its liquid. If not, prepare a batch of salt water. First cover the cabbage with a leaf you saved. Place the clean rock on top of the leaf then pour some of the salted water over it. The cabbage should always be submerged in the salted water.

Cover with cheese cloth or screw the lids on loosely. Cover with tea towels or place in a dark cupboard. Allow the fermentation process to begin. It will take from two to six weeks. Check daily to make sure the process is progressing as it should. Visit [Cultures for Health](#) website for some valuable information on fermentation.