

URSULA'S RECIPE for sour kraut in a jar
Fermented vegetable recipes in **1/2 gallon jars**

SAUERKRAUT

3.5 pounds cabbage (one head of MH cabbage)

1 TBS salt

caraway (cumin, dill, juniper berries) or whatever
spices you like

3 small pieces of garlic

Shred the cabbage (can add other things that you like....ginger, carrots, beets, radish, turnip) and put in a bowl and knead it to bring out the moisture. If you knead it a lot, it will have a nice amount of moisture however if it does not you can try the steps below the recipe "Looks too dry".

Pack into a jar until about $\frac{3}{4}$ full....(when it is fermenting it tends to expand). Press down on the mass when you have it in the jar and there should be some moisture which rises to the top. (Make sure there is a little bit of moisture/liquid on top of the cabbage). Write the date of on the jar when you made it....It should be ready beginning 6 weeks after you have put it in the jar.

Put in a dark place for one week. Then put into a refrigerated place for 5 weeks.

*Looks too dry?

Before closing the lid on the sour kraut do the following remedy so that it is not so dry.
OR after the week + of fermentation, press the veggies down and then add salt water ie 10 grams (2 teaspoons) of salt per liter approx 4 cups of water.... $\frac{1}{4}$ cup or just to cover the veggies of sour kraut