

Sauerkraut

Irene and I invented this one

75 pounds cabbage – of this I used 6 medium heads and 3 small heads for sour leave cabbage rolls and the rest was cut up for sauerkraut. You could put it all into sauerkraut if you want.

Method: cut up cabbage. Sprinkle pickling salt on top of it and pound it down until it starts to form juice. Don't pound in the crock or you'll crack it. For the 75 pounds I used a total of 3 cups pickling salt. If you can't form enough juice by pounding that cabbage down, add about 6 quarts extra tepid water with another $\frac{3}{8}$ extra salt dissolved into it. Pour it all into the crock. Lay a glass plate on the cabbage and fill a plastic jug with cold water and set on top of the plate so that all the cabbage stays in juice. Takes about a month to cure. At that point, you can put it into jars or freeze it. Must package/seal well or it will stink up your freezer. I used to add onion and pickling spice but now I just prefer the sauerkraut with salt only.