

VEGETABLES

Ania's sauerkraut

Homemade sauerkraut fermented in jars, following Anna's recipe from AniaGotuje.pl.

Recipe author: Anna (AniaGotuje.pl) · AniaGotuje.pl



TIME

30 minutes prep + 7-14 days fermenting

MAKES

5 × 500 ml jars

Storage: Keep refrigerated for up to 3 months. Use an opened jar within a week.

Ingredients

- 1 white cabbage, 2500 g before trimming
- 40 g non-iodised rock salt

The author's cabbage weighed 2000 g after trimming and shredding. The 40 g salt is for this prepared amount.

Equipment

- 5 × 500 ml jars with lids
- Knife or cabbage shredder
- Spoon or tamper

Instructions

1. Trim and shred

Remove loose or damaged outer leaves. Wash the cabbage, quarter it and remove the core. Shred finely.

2. Salt and massage

Mix the cabbage with the salt. Massage for a few minutes, then leave for 30 minutes. Repeat until plenty of juice is released.

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Natalia Horbach

Sources and history on the Fermentarnia website
fermentarnia.com



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3. Pack the jars

Scald clean, undamaged jars and lids. Add the cabbage a little at a time, pressing down firmly. Fill each jar to 80% of its capacity and make sure the juice covers the cabbage. Screw on the lids loosely.

4. Leave to ferment

Keep away from bright light at no more than 19°C. If a lid bulges, release the gas and press the cabbage back down with a scalded spoon.

5. Taste and chill

Taste after a week. Ferment for 7-14 days in total; once the flavour is as sour as you like, move the jars to the fridge.

How to serve

Use in slaw, cabbage soup, bigos or pierogi fillings.

Under the microscope

Salt, juice and lactic acid

Salt draws juice out of the shredded cabbage, creating its own brine. It also helps select the microorganisms that can grow. Lactic acid bacteria use sugars from the cabbage and produce acids, so the cabbage becomes sour without added vinegar.

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