

CACKLE



FRUIT

Swashbuckling adventures & experiments in all things ingestible

EQUIPMENT & INGREDIENTS

Heads of Cabbage*

Water

Salt

Paring and Chef Knife

Potato Masher

Canning jars, 500mL-1L

Hot water canner (opt.)

* 3/4 head of cabbage =
~1L jar of sauerkraut

VARIANTS (DEVIANTS?)

TRY A TSP OF ONE OF
THESE OPTION PER 1L JAR

Caraway Seeds

Fennel Seeds

Mustard Seeds

Pickling Spice Mix

SAUERKRAUT



DIRECTIONS

1. Core, wash, and prep your cabbage. Retain at least one leaf per cabbage for use in packing process.
2. Slice cabbage, using mandolin or sharp knife, as thin as possible.
3. Pack cabbage very tightly into sterilized jars.
4. In a small measuring cup, add 1 Tbsp of sea/kosher salt to 2/3 cup of water. Pour this brine into your jar up to the bottom of the jar collar.
5. Using the leaf saved in step 1, tear a piece off larger than the jar mouth and tuck it into the jar opening and down into the shoulders to create a 'cap' to keep the cabbage under the liquid.
6. Top up jars to within 1/4" of the rim with water.
7. Very loosely screw on the lid and place in an area of moderate, consistent temperature for 2-6 weeks depending on your tastes.
8. Refrigerate to halt fermentation (short term storage) or process in a hot water canner for 20 mins (long term storage).

FACTOIDS

"Sauerkraut" means
sour cabbage

Percent Daily Value of
Vitamin C / cup of
sauerkraut

~35%

During the WWI and
WWII, to avoid the
negative perception of
German culture and
products, sauerkraut
was renamed "Liberty
Cabbage".