Making Sauerkraut

Select fresh and firm cabbages

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Discard outer leaves and any insect-damage areas

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Rinse heads under cold running water and drain

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Cut heads in four wedges and discard cores

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Shred or slide to a thickness of a quarter

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Put 5 pounds of shredded cabbage in a suitable fermentation container

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Add 3 tablespoons salt and mix thoroughly

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Pack firmly until salt draws juices from cabbage

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Repeat shredding, salting, and packing until all cabbage is in the container which is deep enough so that its rim is at least 4 or 5 inches above the cabbage.

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If juice does not cover cabbage, add boiled and cooled brine (1 ½ tablespoon salt per quart of water).

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Add plate and weights and cover container with a clean towel.

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Keep fermented kraut at the temperature of 70-75°F for 3-4 weeks or at the temperature of 60°F for 5-6 weeks

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Bring kraut and liquid to a boil in a large kettle, stirring frequently.

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Fill jars with kraut and juices, leaving ½ inch headspace

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Add lid and ring.