



Coastal  
Foodways

# MASON JAR SAUERKRAUT

## WHAT IS SAUERKRAUT?

Sauerkraut is a simple, fermented dish made from fresh cabbage that is pickled in brine. Its name has German origins and literally means “sour cabbage.”

It uses a process called “lacto-fermentation” where beneficial bacteria on the surface of the cabbage convert the sugars in the cabbage into lactic acid, resulting in lots of healthy probiotics and a natural preservative process that means your sauerkraut can be kept for months in the fridge (or cellar).

## WHAT DO YOU NEED?

- Clean jars
- A fresh head of green cabbage
- Salt
- A small weight
- Cheesecloth
- OR a [fermentation lid set](#)

## WHAT'S THE METHOD?

Remove the outer layer of cabbage leaves. Cut your cabbage head in quarters, then cut each quarter in half. Carefully slice each wedge lengthwise so you end up with long, thin ribbons of cabbage.

For one medium head of cabbage, sprinkle 1 ½ tbsp of kosher salt across the bowl of cabbage ribbons. Massage the salt into the cabbage – after about 5 to 10 minutes, it will become limp and watery.

Once your cabbage ribbons are nice and limp, pack them tightly into your jar(s), leaving about 2” of space at the top. Take your weight and use it to firmly push your cabbage down in the jar. Then, secure cheesecloth over the top with a rubber band (or put your fermentation lid in place).

Over the next 24 hours, push down the cabbage with the weight every 6-8 hours. The liquid should start to rise above the top of the cabbage. If, after 24 hours, the liquid is not naturally above the top of the cabbage, dissolve 1 tbsp of salt in 1 cup of warm water and use it to top up your jar of sauerkraut.

Keep the jar out of direct sunlight and in a cool place and ferment for 3-10 days. Taste your sauerkraut as it ferments, and when you’re happy with the flavour, remove the weight and secure the jar with a regular lid. Keep the sauerkraut in your fridge from that point on.

## TIP

Bubbles, foam, and white scum are all signs of a healthy fermentation process! If mold forms, skim it off the top.

## MORE INFORMATION

For more information on making sauerkraut at home, we recommend checking out The Kitchen on [How to Make Homemade Sauerkraut in a Mason Jar](#).