

# Traditional Sauerkraut with Juniper Berries

## Ingredients:

5 lbs. trimmed and cored white cabbage- save some of the outer leaves  
3TBS pickling salt  
1TBS whole juniper berries

## Tools:

5 pint sized mason jars

## Method:

- 1) Quarter the head and shred the cabbage very thinly.
- 2) Add salt and juniper berries to the cabbage and thoroughly mix with your clean hands.
- 3) When it has softened and released some liquid – about 10-15 minutes, pack the cabbage into pint sized mason jars and tamp down with the back of a wooden spoon or spatula, pour the brine evenly over the cabbage.
- 4) Weight the cabbage to keep it under the brine. Place a clean outer leaf from the cabbage on top of the shredded cabbage and then place a food grade plastic bag filled with more brine on top of the leaf (1 ½ TBS pickling salt for each quart of water), in case of a leak. This helps if the brine gets scummy – you can replace the leaves instead of skimming off the scum or mold. Cover the container with a cloth or pillowcase and store in a dark place.
- 5) Within 24 hours the cabbage should be submerged in its brine. If it isn't, dissolve 1 ½ TBS salt in 1 quart of water and pour as much as you need to over the cabbage. Check the sauerkraut every day or two for scum. If you find it, remove it, and replace the brine filled bags and cabbage leaves.
- 6) Start tasting the kraut after 2 weeks. It will be fully fermented in 2-4 weeks at 70 degrees and 5-6 weeks at 60 degrees. It will have a pale golden color and tart flavor.
- 7) Store it tightly covered in the fridge or cool place. Or you can freeze it for later use.

*Recipe from the Joy of Pickling by Linda Ziedrich*

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