

Sauerkraut

2 heads cabbage

2 tablespoons non-iodized salt

Wash cabbage heads and remove outer leaves. Save leaves. Slice cabbage very fine into a bowl. Sprinkle with salt. Pound mixture until juicy. Pack into jars or stone crock. Press down on cabbage so that it is covered with juice. Cover kraut with a cabbage leaf. Loosely put the lids on the jars or wood lid on the crock and allow the cabbage to ferment. Sauerkraut is ready to serve in 3 to 4 weeks. After kraut has fermented the jars should be sealed. To make certain kraut does not spoil jars should be boiled for 15 minutes in a water bath, then tightly sealed.

From *Melting Pot of Mennonite Cookery, Traditions, Food Preservation*
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