



Lewis County

Master Food Preserver

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Food Safety and Preservation



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### Sauerkraut in a Gallon Jar

1 gallon jar, lid and ring  
2 firm heads cabbage, approx. 4-6 lbs.  
3 Tbsp. pickling salt  
Kraut cutter or French knife and cutting board  
6 quart bowl or pan  
Wooden spoon

- Wash jar and sterilize. Wash the cabbage. Remove bruised or damaged outer leaves.
- Cut the cabbage into halves or quarters. Remove the core. Shred as thin as a dime. Use a kraut cutter or place cabbage down on a cutting board. Cut across the leaves with a sharp knife. Take out any coarse pieces or stem or leaves. Weigh the cabbage after it is shredded.
- Measure 3 Tbsp. pickling salt to 5 pounds of cabbage.
- Sprinkle the salt over the shredded cabbage, mix for a couple of minutes and then let sit for a total of 20-30 minutes, mixing a couple of times during this period so that the cabbage is wet and there is juice in the bottom of the pan at the end of the 30 minutes. Your kraut is now ready to pack.
- Set sterilized jar on a pan or counter and fill the jar half full of cabbage. Pack the cabbage down with the wooden spoon until the brine comes up to the neck of the jar.
- To keep the cabbage under the brine, fill a small plastic bag with dried beans. Place them in the jar and push down on the cabbage to get the brine over the cabbage.
- Set the lid loosely on the jar of cabbage. Set the jar on a paper or in a pan. Leave in the kitchen or a place where the temperature is about 70° degrees F.
- Leave the jar for 10 days to 2 weeks until the fermentation (bubbling) stops. When this occurs, there should be no white spots on the cabbage. Fermentation takes longer in a cooler condition. Cabbage that has fermented will be a light straw or cream color.
- When fermentation stops, remove the bag of beans. The brine may go down some, so you should add more brine if it does not cover the kraut. Make the brine by adding 2 Tbsp. pickling salt to 1 quart water, which has been boiled and cooled. Kraut will darken if not covered with brine. It is not necessary to heat the kraut before processing.
- Adjust the lids on the jars. Place them in a boiling water bath. Cover the jars with warm (not hot) water and bring to a boil. Process at boiling temperature for 20 minutes for quarts. When processing is up, remove the jars.
- The boiling water bath procedure is done to stop fermentation and prevent mold growth. Fully fermented, unprocessed kraut will keep in the refrigerator for several months if covered.

*\*You may cut this recipe in half and make in a quart jar.*

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