



## Crauti

### *Sauerkraut*

#### Ingredients

- 8 to 10 cups (about 2 pounds) cabbage (shredded, loosely packed)
- 10 juniper berries
- 1 teaspoon caraway seeds
- 1 teaspoon yellow mustard seeds
- 1 to 2 teaspoons un-iodized salt or pickling salt
- 1 cup filtered water mixed with 1 teaspoon pickling salt

#### Directions

1. In a clean, non-metallic bowl, mix together cabbage, juniper berries, caraway seeds, mustard seeds, and salt.
2. Stir the cabbage to release its juices.
3. Let it rest 10 minutes (up to 2 hours), if needed.
4. Sterilize a 1-quart wide-mouthed Mason jar and lid by boiling for several minutes in water and draining on a clean dishcloth.
5. Pack the cabbage and seasonings into the sterilized jar, pushing down with a wooden (not metal) spoon.
6. Add the filtered or non-chlorinated water that has been mixed with pickling salt (1 teaspoon pickling salt per cup of water) up to the rim of the jar and cap loosely with a sterilized canning lid.
7. Place the jar on a tray to catch overflowing juices.
8. After bubbling stops, check the container and top off with salt water (1 teaspoon pickling salt per cup of water, warmed slightly to dissolve completely) if the level falls below the rim.
9. Keep the jar between 65 F and 72 F for one to three weeks to achieve a pleasantly sour flavor. After the first week, taste the sauerkraut every few days until it reaches the tartness you desire.
10. Skim any (harmless) white spots or film from the top, close the jar tightly with a sterilized canning lid and ring, wipe off the outside of the jar, and store in the refrigerator.

Serve with boiled or roast pork.