

Making Sauerkraut

German style with felderkraut

What is felderkraut?

A cabbage cultivated in Felder, Germany for the purpose of making sauerkraut.

It differs in that it has a higher level of sugar (actually tastes slightly sweet) which makes it ferment really vigorously and rapidly.

How to make sauerkraut

Rinse

Rinse the cabbage in dechloraminated water.

This is water that has had the chloramine removed. SFWD adds chloramine to water instead of chlorine because it is more stable and has a less corrosive effect on pipes.

To dechloraminate, use one Campden tablet per 10 gallons of water. Campden tablets are available at SF Brewcraft, 1555 Clement. Or you can get one from me.

Making kraut

Clean up the cabbage

Remove funky leaves, but save them

Cut small slice off the stem end

Chop into 2" slices

Abuse

Abuse the chopped cabbage after adding salt
(1 tablespoon per 2 pounds)

Massage it vigorously and brutally

The purpose is to make it give up the water
contained in the leaves

You are “done” when there is obvious “water”
in with the chopped cabbage

Add flavorings

Here is where you can express the “personality” of YOUR kraut

Choose from garlic, onions, caraway seed, carrots, beets, celery seed, juniper berries, pepper and any other seasonings you like.

Don't add too much flavorings, we want sauerkraut, not coleslaw

Pack it and ferment it

After more abuse, pack it into a fermenter, a container in which you want it to ferment.

Fermenting takes about a week, lots of gas is evolved, especially in the second and third days.

Be sure your cabbage is covered so it is not exposed to the air. You can use the lid of a cottage cheese carton (trimmed if needed) to force the cabbage below the water. You can add water if needed.

Taste it

When you think it might be ready (less gas being produced) try it

It should be a little acid and nicely flavored

If it needs more time (to produce more acid) just keep it at room temperature

If it is acid enough, refrigerate

It will keep refrigerated for a year or two

Any questions?