



Sauerkraut for Canning

Jacob · 29/09/2024



Prep Time

21 days 12 hrs 50 mins

Difficult

Easy

Servings

21 days 15 hrs 20 mins

Description

Stepbystep directions for canning sauerkraut This bigbatch recipe makes 36 pints

Ingredients

- - 50 pounds cabbage - 1 ? cups canning salt
- divided

Instructions

1. Remove outer leaves and any undesirable portions from firm mature cabbage heads. Cut heads into quarters and remove and discard cores
2. Cut cabbage into thin shreds about the thickness of a dime with a sharp knife
3. mandolin
4. or food processor. Transfer 5 pounds cabbage to a large bowl. Sprinkle 3 tablespoons salt over top and mix thoroughly. Let stand until slightly wilted
5. about 5 minutes. Pack salted cabbage firmly and evenly into a large
6. clean pickling container. Use a wooden spoon
7. tapper
8. or your hands to press down firmly until juice comes to the surface. Repeat salting and packing of cabbage in 5-pound batches as directed in Step 2 until the container is filled to within 3 to 4 inches of the top. If juice does not cover cabbage
9. make and add brine (see Recipe Tip). Cover cabbage with cheesecloth and tuck the edges down against the inside of the container. Place a weighted bowl on the cheesecloth to submerge cabbage. Let sit in a 70 to 75 degrees F (21 to 24 degrees C) room for 3 to 6 weeks; remove and discard scum formation daily. The presence of gas bubbles indicates fermentation is taking place. When ready to can
10. inspect 36 pint-sized (or 18 quart-sized) jars for cracks and rings for rust
11. discarding any defective ones. Immerse in simmering water until needed. Wash new
12. unused lids and rings in warm soapy water. Transfer sauerkraut and brine to a very large pot. Heat mixture until simmering and 185 to 210 degrees F (85 to 99 degrees C); do not boil. Pack sauerkraut into hot
13. sterilized jars
14. filling to within 1/2 inch of the top. Run a clean knife or thin spatula around the insides of the jars to remove any air bubbles. Wipe rims with a moist paper towel to remove any residue. Top with lids and screw rings on tightly. Working in batches
15. place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars 2 inches apart into the boiling water using a holder. Pour in more boiling water to cover jars by at least 1 inch. Bring to a rolling boil
16. cover
17. and process pints for 15 minutes or quarts for 20 minutes. Remove the jars from the stockpot and let rest
18. several inches apart
19. for 12 to 24 hours. Press the center of each lid with a finger to ensure the lid does not move up or down. Remove the rings for storage and store in a cool
20. dark area. Recipe Tip If you need more brine to cover cabbage in Step 4
21. bring 1 quart water and 1 1/2 tablespoons salt to a boil. Cool to room temperature before using. Editor's Notes: Always brine foods in a food-grade
22. nonreactive container such as a stainless steel or enameled stockpot
23. a brining bag
24. or a food-grade plastic bucket. Nutrition data for this recipe includes the full amount of canning salt. The actual amount consumed will vary.