

Sauerkraut

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*It is very important to use the correct amount of salt so that fermentation can take place. Sauerkraut is a salty food. People who must restrict their sodium intake need to take into account the high salt content of sauerkraut when planning their meals. **Do not try to lower the sodium content of sauerkraut by adding less salt to the fermentation mixture.** The cabbage will spoil rather than ferment. Instead, try rinsing the fermented kraut in cold water before eating it to remove some of the salt. Rinsing will also reduce the probiotics, but will not eliminate them.*

find one that works well for cabbage.)

mentation container. Press cabbage firmly with



It is difficult to shred tough

wilted cabbage on top of the first. Continue

Method 1

the fermenting cabbage is to place a brine-filled

tection against leaj brine-fill

to determine when it's done. It is perfectly fine to

Small Amount of Cabbage

Storing Sauerkraut

Canning

1-quart or smaller size jars, just place the open kraut-filled jars in water

kraut firmly into clean 1-quart or smaller jars, to $\frac{1}{2}$ fill jars to $\frac{1}{2}$

hot pack

it may be difficult to clean the rims of the jars used

NEW jar

lids **clean rings**

If you fermented the cabbage in a 2-quart jar or larger container, follow recommendations below.

Hot Pack:

from heat and fill jars firmly with kraut and liquid,

of salt or if the kraut is insufficiently covered during

These yeasts are not considered harmful. Pink color may also result from pigments in the cabbage. The pigments are not harmful.

Rotten kraut

the cabbage has not been covered sufficiently to

Darkness

and improperly trimmed cabbage, insufficient juice

Some darkening may occur during storage of canned kraut. This probably is not a safety concern, since it is likely caused by a chemical change that occurs naturally over time.

If you have any doubts about the safety of your kraut, throw it out.

Sauerkraut References

*What You Should
Know About Lead in China Dishes*

Filling for Bierocks

42% of the calories come from the flour in the potato pastry; 54% of the fat comes from the oil in the pastry. Enjoy these delicious bierocks only every once in a while as a special treat

Sauerkraut Salad I

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Chocolate Sauerkraut Cake

*University of Wisconsin
Cooperative Extension Service*

2/

2¹/₄ cups sifted flour
1/4 teaspoon salt

2/

shortening and sugar until fluffy. Mix dry ingredients

Frosting for Sauerkraut Cake

Frosting I

1/4 cup sugar

90% of the calories come from the shortening, sugar and flour (about 30% from each); 85% of the fat comes from the shortening.

www.uaf.edu/ces or 1-877-520-5211

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