

INGREDIENTS



1 Gallon
Fermentation Jar

Lid with Airlock

Fermentation Weight

Adhesive Thermometer

1 Packet of
Caraway Seeds

1 Packet of Kosher Salt

YOU WILL NEED:

2 Large Heads of
Cabbage (Red or Green)

Filtered Water



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SAUERKRAUT

MAKING KIT



Fermenting Instructions

Plus Tips for Best Results



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PREPARATION



CLEANING EQUIPMENT AND PREPPING INGREDIENTS

To create a sterile environment to ferment, you'll want to make sure you thoroughly clean all of your equipment prior to first use.

If possible, you'll want to use organic cabbage for best results. When using organic cabbage, start by removing the outermost leaf and throwing it away. Next, remove another one of the leaves and do your best to keep it whole, as you'll be using it later. Set that leaf to the side and keep it for later (step 5). Quarter the head of cabbage, and remove the core from all four pieces.

DIRECTIONS

- 1 Slice the prepped cabbage into thin strips to create shredded cabbage, and transfer it to a large bowl.
- 2 Add 3 tablespoons of salt to the bowl of cabbage. Firmly massage the cabbage for about 10 minutes with your hands. The salt will help to break down the cabbage which will bring out a surprising amount of natural liquid. You can stop massaging once a large pool of liquid has formed at the bottom of the bowl and the cabbage is soft.
- 3 Add the packet of caraway seeds to the bowl of cabbage and mix to combine. You can add less than the entire packet of caraway seeds, if you prefer.
- 4 Transfer the cabbage to your fermentation jar, using your hands to firmly press it and pack it down. Add all of the released liquid from the bowl into the jar.

- 5 Using the jar of the lid as a guide, trim the reserved cabbage leaf into a circle. Cover the cabbage in the jar with this circular leaf.
- 6 Add the fermentation weight atop the cabbage. The cabbage should be completely submerged in liquid. If needed, top with a brine made by dissolving 1 teaspoon of salt to 1 cup of fresh, non-chlorinated water. Make sure all of the cabbage is submerged.
- 7 Cover the jar with the lid and assemble your airlock. Make sure you've filled the airlock with water up to the fill line before affixing it to the lid. Place the stick-on thermometer onto the side of the jar to monitor the temperature during fermentation.
- 8 Let ferment at room temperature and out of direct sunlight for 1 week. After a week, taste your sauerkraut to determine whether it is ready, or if it needs more time. If you decide to give it more time, check it every day until the desired flavor is reached.
- 9 Once finished, transfer the sauerkraut to clean jars and move into your refrigerator. The sauerkraut is now ready to eat and will keep in the refrigerator for up to 2 months.

STORAGE TIPS

- Keep your fermentation jar in a low activity place, away from food prep, trash and plants.
- Always keep your fermentation jar at room temperature, between 68-85 degrees fahrenheit.
- If the fermentation jar is sitting on a surface that can get cold, like a countertop, put a towel or cutting board down for insulation.

To watch an instructional video for this kit visit [PopCultures.Co](https://www.popcultures.co)