



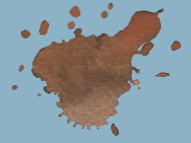
# SPICE WORLD

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GERMAN SAUERKRAUT  
6-8 SERVINGS



# WHAT'S IN THE KIT?



In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish. Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at [info@acplwy.org](mailto:info@acplwy.org).

## This kit includes:

- 10 juniper berries\*
- 1 teaspoon caraway seeds
- 1 teaspoon yellow mustard seeds
- 3 teaspoons (divided) pickling salt

## You will need:

- 8–10 cups shredded, loosely packed cabbage (about 2 pounds)
- 1 cup filtered water
- 1-quart, wide mouth Mason jar and lid



\*People who are pregnant or who are trying to get pregnant should not use juniper in any form (including the whole berries, as a spice, or as an essential oil).

# A BRIEF HISTORY...

Although "sauerkraut" is a German word, this dish did not originate in Germany, as fermenting cabbage as Saun Cai was already in practice back in the days of building the Great Wall of China and the practice was likely transmitted from China to Europe by the Tartars. It then took root mostly in Central and Eastern Europe cuisines, but also in other countries.

Before frozen foods, refrigeration, and cheap transport from warmer areas became readily available in northern, central and eastern Europe, sauerkraut – like other preserved foods – provided a source of nutrients during the winter months. Captain James Cook always took a store of sauerkraut on his sea voyages, since experience taught him it prevented scurvy.



In Germany, cooked sauerkraut is often flavored with juniper berries or caraway seeds; apples and white wine are popular varieties. Traditionally, it is served warm, with pork or sausages accompanied typically by roasted or steamed potatoes.



In Azerbaijan, Belarusian, Polish, Russian, Baltic states and Ukrainian cuisine, chopped cabbage is often pickled together with shredded carrots.



Sauerkraut is made by a process of pickling called lactic acid fermentation that is analogous to how traditional (not heat-treated) pickled cucumbers and kimchi are made.



# RECIPE

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



# RECIPE

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1. In a clean non-metallic bowl, mix together the cabbage, juniper berries, caraway seeds, mustard seeds, and the pickling salt
2. Stir to release the cabbage's juices
3. Let it rest for 10 minutes and then mix again. If needed, you can let it rest longer, for as long as 1–2 hours
4. Sterilize a 1-quart, wide-mouthed mason and the 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. Combine the filtered water with the pickling salt. Pour over the cabbage, filling so it reaches up to the rim of the jar. Cap loosely with a sterilized canning lid
7. Place the jar on a tray to catch overflowing juices. The mixture will begin to bubble
8. After the bubbling stops, check the container. If the water level has fallen below the rim of the jar, top it off with more salt water (keeping the ratio of 1 teaspoon pickling salt per 1 cup of water) that has been warmed slightly so it will dissolve completely.
9. Keep the jar between 65 F and 72 F for 1–3 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. Once it is to your liking, 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 it in the refrigerator

## Sources:

McGavin, Jennifer. "Homemade German Sauerkraut Is Ready in 3 Weeks." The Spruce Eats, Dotdash, 21 Jan. 2021, [www.thespruceeats.com/homemade-german-sauerkraut-1447249](http://www.thespruceeats.com/homemade-german-sauerkraut-1447249).

"Sauerkraut." Wikipedia, Wikimedia Foundation, 9 Feb. 2021, [en.wikipedia.org/wiki/Sauerkraut](https://en.wikipedia.org/wiki/Sauerkraut).