



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Sauerkraut

A traditional Eastern European side dish made of fermented cabbage. This dish will store in the refrigerator for a few weeks in a sealed container.

U.S.

10 lbs	Cabbage, Green
1 cup	Salt
as need	Water, room temperature

Metric

4.5 kg
292 g
as needed

Preparation:

1. Gather all ingredients and equipment.
2. Quarter and core cabbage. Slice the cabbage parallel to the core about a 1/2" thick. Come back perpendicular and cut the slices into three sections.
3. In a crock or heavy ceramic container, pile a layer of cabbage about an inch and half thick. Add a handful of salt and press the cabbage with a lot of force, agitating the salt and getting the cabbage as pressed down as you can.
4. Repeat the process until the cabbage and salt are out.
Weight the cabbage with weights or a plate. If there is not a half inch of water above the level of the pressed cabbage, add water until there is.
5. Leave out at room temp and check every couple of days.

Nutrition Facts

Serving size	1/4 cup
Servings	48
Calories	25
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	1940 mg
Carbohydrates	5 g
Dietary Fiber	2 g
Sugars	3 g
Protein	1 g
Vitamin A	2 %
Calcium	4 %
Vitamin C	60 %
Iron	2 %
Phosphorus	25 mg
