



KRAUT MAKING BASICS

Sweet Farm Sauerkraut

5 LB VEGETABLES	2-3 TBSP SALT	1-3 TSP SPICES	EQUIPMENT
Cabbage Beets Carrots Turnips Radishes Apples Hardy leafy greens Cauliflower Ginger Celeriac Fennel Onions Garlic	Celtic Sea Salt® Real Salt® Sea Salt Pickling Salt Kosher Salt DO NOT USE Table Salt Iodized Salt	Caraway seeds Juniper berries Red chili flakes/powder Black pepper Cumin seeds Coriander Seaweed Mustard seed Celery seed Dill leaf or seed Spice blends Fresh or dried herbs	MUST HAVE Cutting board and knife Large mixing bowl Fermentation Vessel OPTIONAL Food processor Mandolin Peeler Grater Lid with airlock
THIS WILL MAKE ABOUT A GALLON OF KRAUT. ADJUST QUANTITIES ACCORDINGLY.			

- 1) Wash and core cabbage. Wash other vegetables. You can peel root veggies if you like, though it is not necessary. Chop or grate cabbage and other vegetables, finely or coarsely, however you like it. Place veggies in a large mixing bowl. Sprinkle small amounts of salt on the veggies as you add them to the bowl. Remember, you can always add more salt; it's harder to take it away!
- 2) Once all the veggies are chopped and salted, add small amounts of your desired spices. Mix and pound the veggie mixture with your fists (best!) or sturdy utensil like a potato masher or wooden mallet. This releases the juices from the cabbage to create a brine. Taste the mixture several times along the way to assess the salt and spice levels. Add salt or spices until you like the levels. Add a little water to dilute, if it's too strong.
- 3) Once well pounded and the veggies are very juicy, pack the mixture tightly into your fermentation vessel. Make sure the liquid comes above the solids. If possible, weigh the mixture down with a plate or smaller jar filled with water. You want to keep the level of brine above the level of the kraut solids. Put a lid on the vessel (loosely), cover it with a cloth, or place an airlock lid on it.
- 4) Place your kraut jar in a cool, dark place where you won't forget about it! Check your kraut every 5-7 days. Taste the kraut. If you like it, eat it! If you want it more sour, let it ferment longer. Some people like a young ferment, and some like an old one, it's totally up to you. Each time you open the vessel to check the kraut, be sure and push the solids back down under the brine to continue fermenting. Once it reaches the taste you like, place the kraut in the fridge, and enjoy!



FERMENTATION RESOURCES

SWEET FARM SAUERKRAUT

www.thesweetfarm.com: home of Sweet Farm Sauerkraut. Check out our online store for krauts, fermentation books and supplies, and fun gifts. We also offer private workshops on a variety of topics like fermentation, pickling and soda making. Reach us through the contact form on the website.

www.wildfermentation.com: A great resource for all things fermented. Its creator, Sandor Katz, is the “guru” of the modern fermentation movement. He’s got great recipes and information. He also travels around giving talks and workshops. If you’re ever able to see him, or even travel to his center in Tennessee, I highly recommend it.

www.culturesforhealth.com: a great place to purchase cultures online (Common Market also carries some of their cultures). Get kefir grains, sourdough starters, yogurt starters, kombucha mothers, and more. They also have a really useful and diverse email newsletter with tips, tricks, recipes and support.

www.fermentationrecipes.com: an archive of tons of fermentation recipes. Try something straight from their pages, or find inspiration for your own creations.

www.nourishedkitchen.com: a wonderful blog about cooking with whole foods. I include it here because she often features simple fermented recipes, as well as gives you ideas on how to use them in your daily meals.

www.pickl-it.com: a great resource for the “technical” side of fermenting. Their blog is interesting, and helpful for understanding all the science behind fermentation. Their fermentation products are high quality, and their staff is extremely knowledgeable. Bookmark this page for their handy “Brine Calculator” alone!

www.masontops.com: a company that sells fun and useful fermentation equipment like weights, tampers, lids, and their newest product: the waterless airlock. This was the subject of a recent, wildly successful Kickstarter Campaign, and will be available for purchase soon.



HERE COMES TROUBLE!

AND WHAT TO DO ABOUT IT...

There are two main “problems” new fermenters commonly run into: too much salt, or mold on the surface. Too much salt is not a problem at all, and is easily remedied. Mold on the surface is an issue that the fermentation community is very divided on. I have included here how to “fix” that problem, but you will have to decide on your own where you stand. Don’t worry though, if your sauerkraut has truly gone bad, you’ll know!

SALT LEVEL

New fermenters commonly throw out their first batch of kraut because it is too salty. Sauerkraut really doesn’t use that much salt, and when you’re starting out, it’s easy to get excited and add too much. If your kraut is too salty, do not despair, it is usually salvageable. Follow these steps to finding the perfect salt level for your kraut:

- 1) Drain the brine from your kraut, reserving the liquid. If your kraut is just a little too salty, drain half the brine; if it is way too salty, drain it all.
- 2) Add fresh water back in and wait a few hours to a day for the salt level to equalize.
- 3) Taste your kraut. If you like it, stop there. If it’s now not salty enough,
- 4) Add the reserved brine back into your kraut little by little, until you achieve the salt level you like.
- 5) If your kraut is WAY too salty, repeat steps 1 and 2 until it tastes good to you.

MOLD ON KRAUT SURFACE

Mold is aerobic, so it needs oxygen to survive. Mold forms on the kraut’s surface wherever solids meet the air. That is why it is important to keep your kraut submerged under the brine. The fermentation community is divided on whether mold on the top affects the kraut underneath, and whether it is healthy to consume. This is a personal decision. If you decide to salvage the kraut, here are some scenarios you might encounter, and what to do about them:

- 1) The kraut surface has dried out and is molding: scrape off and discard the moldy parts, then re-press the kraut so that the solids are under the brine. If necessary, add a little bit of water and a small amount of salt.
- 2) There is mold floating on top of the brine: Simply skim the mold off the surface. No need to re-press or add water, if the solids are still under brine.
- 3) The kraut surface looks okay, but is really soft and mushy to the touch: scrape and discard the mushy kraut. When you get down to good kraut, re-press the solids under the brine, then add water and salt if necessary.



WHAT DO I EAT IT WITH?

A FORK!

EAT IT RAW, OF COURSE!

- To get the most health benefits, eat sauerkraut raw; a few tablespoons every day.
- Rule of thumb: if it's cool enough to eat, it's cool enough not to kill the bacteria.
- Tip: take kraut out of the fridge as you start to cook dinner, to "take the chill" off.

TOP IT OFF

- Meat and kraut is a time tested pairing. Kraut helps break down the proteins in meat.
- Put it on sandwiches and salads, eat with cheese and crackers, put it on top of cottage cheese.
- Try it on pizza!
- Kraut for breakfast? Yes! Kraut is delicious next to egg dishes.
- Top soups and stews just before you eat them.

COOK IT

- Cover a roast with kraut and cook in the Crockpot for a delicious and quick dinner.
- Add to soups and stews while cooking.
- Put in grilled sandwiches.
- Sauté with bratwursts, sausages, or hot dogs.

BAKE WITH IT

- Kraut makes baked goods moist, and adds fiber.
- Make sure to rinse and drain the kraut well.
- Chop kraut to add texture, puree to add moisture.

DON'T TOSS THE JUICE!

- Drink it! Kraut juice is full of electrolytes, is super-hydrating, and is a natural pick-me-up.
- Use kraut juice instead of vinegar in salad dressings, sauces and marinades.
- Use as a cocktail mixer or "pickleback."
- Try our delicious Chesapeake Cooler. Shake the following ingredients with ice, pour and serve.
 - 3 oz Chesapeake Kraut juice
 - 3 oz grapefruit juice
 - 1.5 oz vodka
 - A dash of honey or agave



SAUERKRAUT BROWNIES

DON'T KNOCK IT 'TIL YOU TRY IT!

INGREDIENTS

- $\frac{3}{4}$ cup salted butter
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup packed brown sugar
- 3 eggs
- 1 tsp vanilla extract
- 1 tsp almond extract (optional)
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup unsweetened cocoa powder
- 1 jar Sweet Farm Classic Kraut, Beet Kraut, or 16oz of your own plain kraut
- 1 cup water
- $\frac{1}{2}$ cup butterscotch chips
- $\frac{1}{2}$ cup chopped nuts (optional)
- $\frac{1}{2}$ cup chocolate chips (optional)

DIRECTIONS

Preheat oven to 350°F. Butter a 9" x 9" baking pan. In medium saucepan, melt butter over medium heat. Stir in sugar until blended, about 2 minutes. Remove from heat and beat in eggs one at a time, mixing well after each addition. Stir in vanilla and almond extracts. In a medium bowl combine the flour and cocoa. Add the flour mixture to the butter mixture, stirring until combined.

Rinse and drain sauerkraut. In a blender, puree sauerkraut with approximately $\frac{1}{2}$ cup of water. Add water, a little bit at a time, until mixture blends freely. Drain, then squeeze the sauerkraut until water is removed. Mix sauerkraut into batter.

Stir in pecans and butterscotch/chocolate chips. Spread mixture into prepared pan. Bake 45 to 50 minutes, or until a knife comes out clean.

Let cool. Cut into 9-12 brownies and sprinkle with powdered sugar, if desired.

TIP: The best way to drain the blended kraut is to place a tea towel or cheesecloth over a bowl, pour the kraut in, wrap the kraut up and squeeze as much of the excess liquid out as possible.

TIP: You can double the amount of sauerkraut you add with little change in flavor and without having to adjust the recipe. Just make sure it's rinsed and drained well.



PORK AND SAUERKRAUT

THREE LEVELS OF CROCKPOT MAGIC!

QUICKEST AND EASIEST DINNER EVER!

Place one 3-4 lb pork shoulder roast in a Crockpot, cover with 2 jars of Sweet Farm Classic Kraut, or one quart of your own homemade kraut. Add a little water or stock if your kraut is dry. Pepper or spice to taste. Cook on low for 6-8 hours or high for 4-6 hours.

I'VE GOT A FEW EXTRA MINUTES...

Before putting the roast in the Crockpot, brown it on all sides using a skillet on medium-high heat. This will help lock in the juices and flavors, and add a nice color to the roast. Pepper or spice to taste. Add the sauerkraut and proceed as above.

IT'S MY DAY OFF...LET'S GO ALL OUT!

Brown the roast. Put the roast in the Crockpot. Using the same skillet, sauté a diced onion, a few coarsely chopped carrots, and some quartered red potatoes. Add a small amount of oil, butter or lard to the pan if needed. Once the vegetables has softened slightly and taken on a nice color, add them to the Crockpot. Pour the kraut on top, and proceed as above.

TIP: You can really use any piece of meat you like in this recipe. Pork shoulder is very traditional, but is certainly not the only thing that can be used with kraut. Other flavors of kraut also work. Using different combinations of meat and kraut, you could have easy Crockpot meals all week! Here are a few of our favorite pairing suggestions. If you come up with another good one, let us know!

- Brisket or Chuck Roast with Sweet Farm Curtido
- Chicken breasts or thighs with Sweet Farm Curry Kraut
- Lamb roast with Sweet Farm Beet Kraut