

## Sour Cabbage “Quick Kraut”

Green cabbage  
Bay leaves (optional)  
Sea salt

1. Wash cabbage and pat dry with a towel or air dry.
2. Remove any tough or damaged outer leaves. Trim the stem.
3. Cut the cabbage head into half, then quarters.
4. Cut off the cabbage core. Cut the core into thin diagonal slices and then into matchsticks.
5. Cut each quarter head of cabbage into thin slices.
6. Take two handfuls of chopped cabbage and place in a medium sized bowl, about 2 cups.
7. Add 1 level teaspoon of sea salt and mix.
8. Knead the cabbage and sea salt together until the cabbage becomes juicy.
9. Place this cabbage in a crock or a jar depending upon how much sour cabbage you would like to make.
10. A bay leaf may be added on top of each layer for added flavor.
11. Continue kneading the rest of the cabbage with the proper proportion of sea salt and placing it into your jar or crock.
12. For a jar, take a pestle and push the cabbage down into the cabbage liquid so that the cabbage is covered in cabbage juice. Take a piece of cheesecloth and secure over the mouth of the jar with a rubber band.
13. For a crock, place a saucer or a wooden circle on top of the cabbage. The diameter should be about  $\frac{1}{2}$  to  $\frac{1}{4}$  inch smaller than the diameter of the crock. Place a clean stone or a jar filled with water for a weight. Cover with a cloth and tie securely.
14. Allow the cabbage to sit out for 2-3 days or until small bubbles start to form in the liquid, as this is a sign that fermentation has begun.
15. Move cabbage to the refrigerator or a cool location.

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16. Cabbage will be ready to begin eating in about 5 to 10 days. It will keep for 6 weeks or longer depending upon temperature and conditions.