

REAL PICKLES

FERMENTED & RAW

Create Your Own Small Batch Kraut Recipe

**these veggies and spices are just ideas - feel free to customize to your own tastes!*

Vegetable Ingredients

Write the number of ounces of each ingredient you would like in your recipe. The total weight should equal 16 oz (1 lb).

Green Cabbage	_____ ounces
Red Cabbage	_____ ounces
Beets	_____ ounces
Carrots	_____ ounces
Onion	_____ ounces
Garlic (1 TBSP = 1 ounce)	_____ ounces
Ginger (1 TBSP = 1 ounce)	_____ ounces
Other	_____ ounces
Total (16 oz. to fill the jar)	_____ ounces

Dried Spice Ingredients

Your total dried spice should not exceed 1 tsp. If choosing more than one spice, use 1/2 tsp + 1/2 tsp or 1/4 tsp + 3/4 tsp, etc.

Caraway Seed	_____ tsp
Dill Seed	_____ tsp
Cayenne Powder	_____ tsp
Red Chili Flakes	_____ tsp
Black Pepper	_____ tsp
Other	_____ tsp
Total (No more than 1 tsp.)	_____ tsp

SALT

1 1/2 tsp

Procedure:

1. Wash jars and lids with hot water. You will need 1 pint jar per 1 pound of vegetables.
2. Slice or chop vegetables. Weigh on a kitchen scale to ensure total weight is 16 oz/1 lb.
3. Place vegetables in mixing bowl and add any herbs/spices.
4. Mix salt with vegetables, herbs and spices. Let sit at least 15 minutes to draw out juices.
5. Pack jars tightly, leaving 3/4" head space. Tighten lids finger-tight.
6. Place on tray at proper temperature. After approximately 24 hours, "burp" the jar over the sink. Continue doing this every day until CO2 production slows. Transfer to cold storage when ferment has reached desired sourness.

A successful batch of pickled vegetables has a pleasant aroma and sour taste and, in cold storage, remains preserved for many months. A whitish substance, a natural by-product of the fermentation, may collect at the bottom of the jar. A spoiled batch will be clearly repugnant in smell and taste.