

How to Ferment Cabbage

Makes 1 quart

Ingredients

- 1 head of cabbage, about 2 lbs
- 1 Tbsp sea salt, use non-iodine
- 1 tsp spice, use a whole spice such as caraway (my favorite), celery or dill

You will need a wide mouth quart jar, fermentation pipe with ring or fermentation lid, and a jar lid and ring.

Instructions

1. Rinse the head of cabbage; remove and discard any damaged or discolored leaves; peel off a whole leaf and set aside.
2. **If shredding by food processor:** Cut the head into wedges that will fit in the chute; cut out and discard the core on each piece. With processor running, push each wedge down the chute to be thinly sliced. You may have to empty the bowl once or twice.

If shredding by hand: Cut the head of cabbage into quarters; starting at the end opposite the core, slice across the grain into thin strips. I leave to core to make it easier to handle. Keep slicing until the entire cabbage is done.

3. Place the shredded cabbage in a large bowl and sprinkle with the tablespoon of fine sea salt.

Method 1: Mix and squeeze the cabbage to force out the juice, while continually mixing. Do this until it looks wilted and has produced liquid. This may take five minutes or more.

Method 2: Once the cabbage and salt are in the bowl are mixed, start gently pounding the cabbage with a [Pickle Packer](#). Continue until it produces liquid and looks wilted.

4. Cover the bowl with a dish towel and let it set for 4 hours.
5. Add the cabbage mixture to the jar, packing down a layer at a time. As you do so, the liquid that you've made will rise to the top. Fill the jar to the shoulder, no more! If you have it, take the cabbage leaf and cut it to fit inside of the jar; place a clear weight on the leaf and press until all the cabbage is below the brine. Wipe the rim of the jar then add a [Pickle Pipe](#) with a ring. Write the date on a piece of tape, leaving room for more writing, and put it on the jar. Set the jar aside in a dark place.
6. Start checking the jar after 2 weeks. The warmer it is, the faster it will ferment. The cabbage will be almost translucent; the flavor shouldn't be salty anymore but slightly tangy. The flavor will get better as it ages.
7. Once it's done, seal the jar and refrigerate for storage. Or, you can also use the boiling water method.; pint jars 20 minutes, quart jars 25 minutes. Remove bubbles; use ½-inch headspace.