

Production of Sauerkraut

INTRODUCTION

Sauerkraut is made by extracting sugar and liquid from shredded cabbage with salt and fermenting the sugar in an anaerobic atmosphere with the natural flora of bacteria present on the cabbage.

MATERIALS

Chlorine sanitizer
Plastic container for fermenting vessel
Cabbage (3.5% sugar ideal)
Noniodized salt (2.25% of weight of cabbage)
Food processor/shredder
Hand-cutting tools
Canning jars with lids
Boiling water bath for heat processing
Heavy-duty plastic bags

PROCEDURE

1. Make a HACCP flow chart and identify CCPs.
2. Clean and sanitize all tools and equipment.
3. Remove outer leaves and any undesirable portions of cabbage.
4. Wash cabbage and drain.
5. Cut into halves or quarters, remove core. Cut to sizes suitable for use in food processor.
6. Shred into thin threads about 3 mm (0.12 in.) thick or about thickness of a dime.
7. In 5-lb batches, combine salt and cabbage in plastic container.
8. Let wilt for 5 minutes, compress evenly until juices come to the surface. Repeat until all cabbage is used. Remove some juice for acid test.
9. Check heavy-duty plastic bag for leaks. Place over cabbage and add water into bag to create an air-free environment over cabbage.
10. Ferment at 68 to 72°F (20 to 22.2°C) and test every week until acid level reaches 1.5% as lactic.
11. Remove any mold and undesirable sauerkraut. Heat sauerkraut to 185 to 210°F (85 to 98.9°C). Pack into clean hot jars leaving 1/2 in. (1.27 cm) headspace.

12. Remove any air bubbles, adjust caps, and process in boiling water bath that covers containers.

Times: pints 15 minutes; quarts 20 minutes.

The general method of sauerkraut production is shown below:

