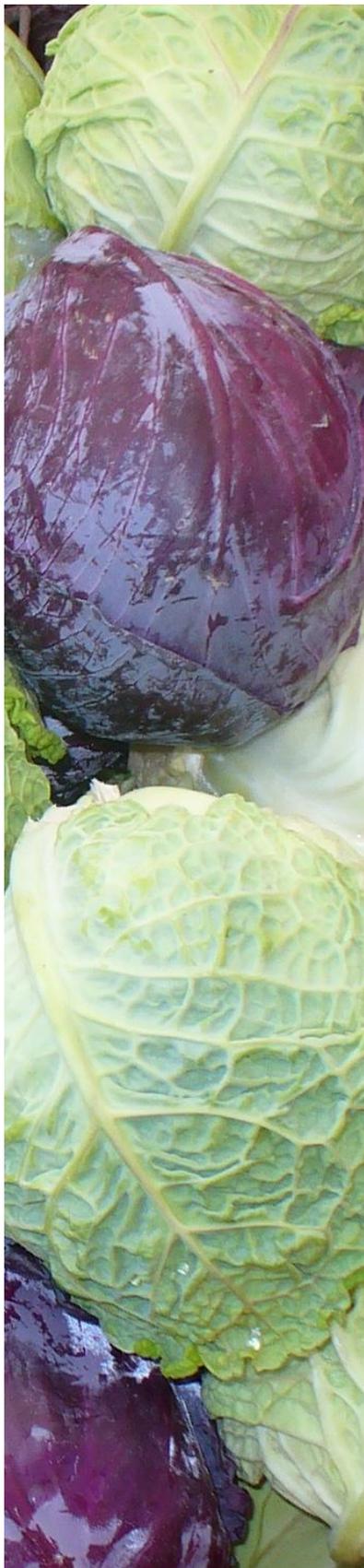


Preserving Cabbage



Cabbage Fast Facts

- Cabbage varieties include green or white, red, Savoy, Chinese (napa), and bok choy.
- Store fresh cabbage wrapped in plastic (to raise humidity) in the coldest part of the refrigerator. Do not store fresh cabbage in an indoor cellar, because the odor will fill the house. Cellar cabbage in-ground with heavy mulching, or in an outbuilding hung upside down by the roots from hooks.
- Preserve cabbages by fermenting (sauerkraut or kimchee), by canning, pickling, freezing, or drying. Choose freshly harvested cabbage in perfect condition.
- One pound of cabbage is equivalent to 1/2 medium head or 4 cups sliced or chopped.
- **To prepare cabbage:** Peel off and discard bruised outer leaves. Wash head of cabbage thoroughly under running water. Cut head in quarters, then cut to remove hard core.

Sauerkraut: Sterilize a 1 quart glass jar. Thinly slice (1/8 inch or less) 2 to 2½ pounds green or white cabbage. In a large bowl, thoroughly mix cabbage with 4 to 5 level teaspoons pickling salt. Pack salted cabbage into jar 2 inches at a time, pressing or pounding each layer until you draw juice. Fill jar leaving at least 1-inch head space. If juice doesn't cover cabbage completely, cover with weak brine made with 1½ tablespoons pickling salt per quart of water. Finally, fill a plastic bag with weak brine and place over the cabbage, making sure that the bag closes around the edges of the container completely to keep out air. Ferment jar at room temperature during (68°F-72°F). Fermentation should start within 3 days, when bubbles appear around the edge of the liquid; it is complete when no more bubbles appear, usually 2-4 weeks. Cover jar and store in the refrigerator up to 6 months. If you see white scum on the surface of the brine at any time, skim it off with a spoon and discard. It is not harmful, but it should be removed or sauerkraut could spoil. For shelf-stable storage, pack sauerkraut with fermenting liquid or brine into clean pint canning jars, leaving 1/2 inch headspace. Process in a boiling water bath for 20 minutes.

Whey-pickled Kimchee: In a large bowl, toss together 1½ pounds thinly sliced Chinese (napa) or bok choy cabbage, 1 small peeled and shredded carrot, 2 thinly sliced green onions, 2 cloves minced garlic, and 1/2 cup peeled and shredded daikon and 1/4 stemmed and seeded red bell pepper cut in slivers. Add 1/4 cup whey (liquid drained from yogurt), 1 teaspoon soy sauce, 2 teaspoons Korean chili powder, 2 teaspoons kosher sea salt, 1 teaspoon organic sugar and 1 teaspoon

minced fresh ginger. Taste and adjust seasonings; mixture should be salty, but as hot or sweet as you like. Pack firmly into a sterilized 1-quart jar; press each layer to draw juices from vegetables and leave 1 inch headspace. If liquid does not cover vegetables completely, add more whey. Cover the jar loosely with a lid and let stand at room temperature (68°F to 72°F) for 3 days. Refrigerate and use within 1 month.

Sweet and Sour Red Cabbage: In a large bowl, combine 1½ pounds sliced (1/2 inch) red cabbage with 3 tablespoons pickling salt. Cover and refrigerate for 24 hours. Rinse cabbage, drain, and dry on several layers of towels, pressing to dry thoroughly. In a medium saucepan, combine cabbage with 1½ cups red wine vinegar, 2 tablespoons lightly packed brown sugar, and 1/4 teaspoon black pepper. Bring to a boil over medium-high heat. Reduce heat, cover and simmer gently 5 minutes. While cabbage is cooking, chop 1/2 medium onion and peel, core, and shred 4 medium tart apples. Stir onions and (drained) apples into cabbage; return to a boil over high heat. Keep liquid hot while filling 2 pint canning jars. Process in a boiling water bath for 15 minutes.

Haitian Pikliz Cabbage Slaw: Toss together 1/4 head thinly sliced Chinese or Savoy cabbage, 1 large peeled and shredded carrot, 1 small thinly sliced onion, 1 clove minced garlic, 1-2 stemmed, seeded, and minced serrano chiles, 1 teaspoon salt, and 1/2 teaspoon black pepper. Pack vegetables into a sterilized 1-quart canning jar. Pour 1 cup malt or rice vinegar over vegetables. Cover jar; shake to distribute vinegar. Refrigerate 24 hours before serving. Use within 3 days.