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DIRECTIONS FOR CABBAGE BRINED IN JARS

The bumper crop of early cabbage now coming to market provides the makings for quick home-brined cabbage, similar to sauerkraut in flavor, suggests the United States Department of Agriculture. Though the usual season for krauting or brining cabbage is in the fall, small supplies for family use this spring may be put up now in glass fruit jars from the new fresh cabbage. A jar of 2-quart size is ideal for the purpose because it holds just 4 pounds of cabbage when shredded and mixed with salt.

To make brined cabbage, remove the outer leaves, wash the head, drain, cut in quarters and remove the core. Then shred into a large bowl and mix thoroughly with salt using the hands. Use salt labeled "pure granulated", "flake" or "medium". Do not use table salt or rock salt. Mix 8 teaspoons salt with 4 pounds cabbage. Pack the mix firmly into clean jars, pressing the cabbage down until juice runs out and covers it. If the juice does not cover, add a little weak brine (1 tablespoon salt to 1 pint water). To hold the cabbage down under the juice put 2 or 3 small flat strips of wood, such as ice cream paddles fitting them cross-wise just under the neck of the jar. Now wipe off the top of the jar, place a clean rubber ring on top, then screw down the cover not quite tight.

Set the jars on a tray to catch the juice that will leak out during fermentation, and keep at room temperature (about 70 degrees Fahrenheit) for about 10 days until bubbling stops. If at this time juice does not cover the cabbage, add more brine to the jar. Seal jars. The brined cabbage is

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ready to use at once or within the next few weeks if kept in a cold place. If it is to be kept longer, jars should be processed as soon as fermentation is complete in a hot water bath as in canning.

Serve the brined cabbage cooked with meat or otherwise as sauerkraut is served or wherever a sour-salt flavor is desired.