Preserving Juneau’s Bounty
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Sauerkraut and Brine Pickling

Basic Sauerkraut
11-12 lbs firm, heavy green cabbage (pre-cutting weight)
3 Tablespoons pickling salt per 5 lbs of cut cabbage
1 teaspoon sugar (optional: recommended if cabbage has been stored for a month or more)
Brine (3 tablespoons pickling salt dissolved in 2 quarts water), double batch
Fermenting container (wide mouthed, glass or heavy food-grade plastic, 1 gallon per 5 lbs cabbage)
Freezer bag of size large enough to fit width of fermenting container

1) Discard outer leaves of cabbage heads, rinse heads under cold water and drain.
2) By cutting at the leaf base, remove two outer leaves, take care to keep mostly whole, set aside.
3) Cut heads in quarters and remove cores.
4) Shred or slice cabbage very thin (thickness of a 25-cent coin or thinner)
5) Weigh shredded cabbage, place 5 lbs into a large mixing bowl
6) Sprinkle salt over cabbage, let stand 5-10 minutes, then mix well with clean hands.
7) Repeat with additional 5 lb batches of cabbage, transfer salted cabbage to fermenting container.
   Note: if you have less than 5 lbs in the final batch, reduce salt proportionally.
8) Pound with a tamper or potato masher until enough juices are drawn out to cover the cabbage.
9) If juice does not cover to 1-2 inches above cabbage, add brine until it does.
10) Place an open freezer bag in the mouth of the container, pour in the remaining brine and zip the bag closed. The goal is that all of the cabbage is under the juice/brine and excludes oxygen.

See Sauerkraut Publication (UAF Extension FNH-00170) for fermentation temperature and times, and storage/preservation methods.

Cabbage and Radish Kimchi
3 tablespoons pickling salt (divided)
5 cups water
1 lb Chinese cabbage, cut into 2-inch squares
1 lb daikon radish, cut in half lengthwise and sliced thin crosswise
1 1/2 Tablespoons minced fresh ginger
5 scallions, cut into thin rounds
1 1/2 Tablespoons Korean ground dried hot pepper (or other mildly hot ground red pepper)
1 teaspoon sugar
2 quart jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Dissolve 2 tablespoons plus 2 teaspoons of salt in the water.
2) Combine cabbage and daikon in a non-reactive crock or bowl and cover them with the brine. Weigh them down with a plate and let stand 12 hours.
3) Drain the cabbage mixture, reserving the brine. Combine the cabbage mixture with the remaining ingredients, including the remaining 1 teaspoon salt.
4) Pack the mixture into a 2 quart jar. Pour enough of the reserved brine over the mixture to cover by 1 inch. If more brine is needed, make it with the same proportion of salt to water as in step one. Push the freezer bag into the mouth of the jar and pour in the remaining brine. Seal the bag.
5) Let the kimchi ferment in a cool place, at a temperature no higher than 68 deg F, for 3-6 days, or until preferred taste is reached.
6) Remove the brine bag, cap the jar tightly and store in the refrigerator for up to 3 months.
**Half-Sours**
1/4 teaspoon black peppercorns, crushed
1/4 teaspoon coriander seeds, crushed
1 bay leaf
1 garlic clove, chopped
1 quart 3-5 inch pickling cucumbers
1 dill head or 3/4 teaspoon dill seeds
1 chili pepper, slit lengthwise
1 1/2 tablespoons pickling salt
3 cups water
1 quart jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Gently, but thoroughly wash the cucumbers and cut off blossom ends.
2) Put the peppercorns, coriander, bay, dill, and garlic into a quart jar. Pack the jar with the cucumbers, add the chili pepper.
3) Dissolve the salt in the water, pour over the cucumbers to cover, leave 1/2 inch headspace.
4) Push the freezer bag into the mouth of the jar and fill with remaining brine. Seal.
5) Keep jar at room temperature, with a dish underneath.
6) Bubbles will start in about 3 days. If scum forms on the top of the brine, skim it off and rinse the brine bag. Add more brine (at same salt proportions) if some brine bubbles out of the container and cucumbers are not well covered.
7) Taste pickles in about a week, when tiny bubbles have stopped rising. Skim any scum off the top, remove the brine bag, cap the jar, and store the pickles in the refrigerator for about 3 days. Keep refrigerated and eat within three weeks.

**Pickled Snap Beans**
2 lbs tender, young snap beans, ends trimmed
6 small dried chile peppers
6 garlic cloves, chopped
12 black peppercorns, crushed
6 dill heads (4 tablespoons dill seed)
1/2 cup pickling salt
3 quarts water
1 gallon jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Layer the beans, chile peppers, garlic, peppercorns and dill in the jar.
2) Dissolve the salt in the water, pour enough brine over the beans to cover.
3) Push a freezer bag into the mouth of the jar and pour the remaining brine into the bag. Seal the bag.
4) Store the jar at room temperature. Within 3 days you should see tiny bubbles rising in the jar. If scum forms on top of the brine, skim it off and rinse off the brine bag.
5) The pickles should be ready in about 2 weeks, when the beans taste sour. Remove the brine bag, remove any scum, and cap the jar. Store in the refrigerator.
**Mixed Fermented Pickles**
1 lb cauliflower or broccoli florets
2 sweet green or red peppers, cut into squares or strips
1/2 lb whole snap beans, ends trimmed
1/2 lb shallots, peeled (or regular onions, peeled, cut into chunks or rings)
1/4 lb carrots, cut into rounds 1/4-1/2” thick
3 garlic cloves, slivered
2-3 tarragon sprigs
2-3 thyme sprigs
1/2 cup pickling salt
3 qts water
2 tablespoons red wine vinegar
1 gallon jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Wash, dry, and toss all vegetables together. Pack into a gallon jar, distributing the garlic and herbs among them.
2) Dissolve the salt in the water, pour enough of this brine over the vegetables to cover them. Add the wine vinegar.
3) Push a freezer bag into the mouth of the jar and pour the remaining brine into the bag. Seal the bag.
4) Store the jar at room temperature. Within 3 days you should see tiny bubbles rising in the jar. If a white film forms on top of the brine, skim it off daily, rinse off the brine bag and put it back.
5) The pickles should be ready in 2-3 weeks, when the pickles taste sour. Remove the brine bag, remove any white film, and cap the jar. Store in the refrigerator.

**Korean Kakdooki with Shrimp and Apple**
2 lbs daikon, peeled and cut into 3/4-inch cubes
4 teaspoons pickling salt
2 tablespoons Korean ground dried chili pepper
1 apple, peeled, cored, and coarsely grated
2 tablespoons dried shrimp (optional)
2 garlic cloves, minced
2 thin slices fresh ginger, peeled and minced.
1 scallion, cut into thin rounds
Brine: 3 tablespoons pickling salt to 5 cups water.
2 quart jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Put the daikon cubes into a bowl and toss them with the salt. Let the daikon stand for 1 hour.
2) Drain the daikon. Sprinkle the cubes with the chili pepper and add the remaining ingredients. Mix well.
3) Transfer the mixture to a two-quart jar. Push a freezer bag into the mouth of the jar and pour brine into the bag until the mixture is fully covered by the bag and lightly weighed down. Seal the bag. Let the jar stand at room temperature.
4) The pickles should be ready in about 3 days. Cap the jar and store in the refrigerator.
**Brined Cherry Tomatoes**
1 3/4 lbs half-ripe cherry tomatoes
6 dill heads (or 4 tablespoons dill seed)
1/4 cup coarsely grated or chopped horseradish
4-5 garlic cloves, halved
tops of two celery stalks
3 parsley sprigs
3 tarragon sprigs
1/2 fresh jalapeno, seeded
Several dill fronds
2 tablespoons pickling salt
1 quart water
1 two-quart jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Put the tomatoes into the jar, interspersing all other ingredients among them. Curl a few dill fronds on top.
2) Dissolve the salt in the water, pour enough of the brine over the tomatoes to cover them well.
3) Push a freezer bag into the mouth of the jar and pour the remaining brine into the bag. Seal the bag.
4) Store the jar at room temperature for about one week, until fermentation has slowed.
5) Remove the brine bag, cap the jar tightly. Store in the refrigerator for 1 week before eating. They will keep for about 3 weeks more.

**Russian Brined Lemons**
Thin skinned whole lemons, washed and dried
Brine of 1 tablespoon pickling salt to each cup of water.
1 gallon jar, wide-mouthed.
Freezer bag of size large enough to fit width of jar.

1) Put the lemons into the jar, cover with brine.
2) Push a freezer bag into the mouth of the jar and pour more brine into the bag. Seal the bag.
3) Store the jar in a refrigerator.
4) The lemons will be ready in 2-3 weeks. Serve the lemons sliced thin with fish, game, pork shops, rice dishes, chickpea dishes, or as a garnish with thin-sliced raw red onion.
5) Store in the refrigerator for up to a month.

***Most of the above recipes are from *Joy of Pickling* by Linda Ziedrich, 1998***