



Small Batch Sauerkraut

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A simple first batch of homemade sauerkraut using one cabbage. No fancy equipment, just a bit of time and daily checking.

Ingredients

- 1 head cabbage (about 5 lbs / 2268 g)
- Salt: at least 2% of cabbage weight (≈ 45 g or ~ 3 tablespoons)
- Extra brine if needed: $1\frac{1}{2}$ tbsp pickling salt per 1 cup water

Instructions

1. Rinse the cabbage and remove the outer leaves. Set those leaves aside for later.
2. Cut the cabbage into quarters and remove the core.
3. Slice the cabbage into thin strips using a knife, slicer, or food processor.
4. Place shredded cabbage in a large bowl and mix in the salt evenly.
5. Let it sit for about 30 minutes to start drawing out moisture.
6. Mix and press the cabbage until it begins releasing enough liquid to form brine.
7. Pack the cabbage tightly into a 1-gallon food-grade container, pressing it down firmly.
8. Pour the natural brine over the cabbage.
9. If needed, top off with prepared brine to fully cover the cabbage.
10. Place the reserved cabbage leaves on top to keep everything submerged.
11. Add a weight (such as a bowl filled with brine) to hold the cabbage under the liquid.
12. Cover loosely with a towel and let it ferment at room temperature.
13. Check daily to ensure cabbage stays submerged.
14. Start tasting around day 7. Continue fermenting until desired flavor is reached (usually 12–14 days for small batches; longer will make the sauerkraut softer).

Notes

For a crunchier texture, ferment for a shorter time. Longer fermentation softens the cabbage more.

Fresh sauerkraut kept in the fridge will retain probiotics. Canning will stop fermentation but still provides postbiotic benefits.

Storage

Store fresh sauerkraut in the refrigerator. For longer storage, it can be water bath canned, though this will reduce probiotic content.

[Full Step-by-Step Guide on the Blog](#)