

Food Preservation

Fermenting Foods Recipes



GOLDEN SAUERKRAUT

Ingredients:

- 5 pounds of cabbage
- 1 head of garlic, peeled and sliced
- 2 tablespoons grated fresh ginger
- 2 tablespoons of ground turmeric
- 3 tablespoons salt or 1.8 ounces

Directions:

1. Wash hands and all food contact surfaces with soap and water. Shred the cabbage and combine in a large bowl with all other ingredients, starting with 3 tablespoons of salt.
2. Pound the cabbage with a pounding tool or hands for 5 to 10 minutes until salt draws the juices from the cabbage.
3. Pack the cabbage mixture into a large, sanitized glass jar; a 2-gallon jar works well for this recipe.
4. Press the mixture to submerge it beneath the liquid. If necessary, add additional brine to cover the vegetables completely.
5. To make brine, boil 1 quart of water with 1-½ tablespoons of salt, then let cool.
6. Weigh the cabbage down using a plate and three brine-filled quart bags. Cover the jar with a lid and a towel. Jars with an airlock may also be used.
7. Store at 70 to 75 F while fermenting. If using a tight lid, burp daily to release excess pressure.

Storage Temperature (F)	Fermentation Time
above 75 F	Kraut may become soft
70 to 75 F	3 to 4 weeks
60 to 65 F	5 to 6 weeks
below 60 F	Kraut may not ferment

If weighing the cabbage down with a brine-filled bag, do not disturb the crock until bubbling ceases, which indicates that normal fermentation has been completed.

If using jars as weight, check the kraut 2 to 3 times each week, and remove scum if it forms. Fully fermented kraut may be kept tightly covered in the refrigerator for several months or canned. Freezing is also an option.





HOMEMADE GINGER ALE

Ingredients:

- ⅛ teaspoon dry active yeast
- 1 cup sugar
- 2 tablespoons grated fresh ginger root
- 3 tablespoons lemon juice, freshly squeezed
- Spring or filtered water
- 2-liter plastic soda bottle

Directions:

1. Wash hands and all food contact surfaces with soap and water. Put the sugar and yeast into the soda bottle and gently shake to distribute.
2. Peel and grate the ginger. Measure 2 tablespoons into a measuring cup.
3. Juice the lemon and measure 3 tablespoons into the same measuring cup.
4. Fill the measuring cup with ½ cup of water and stir.
5. Using a funnel, pour the contents of the measuring cup into the soda bottle. If the ginger gets stuck, use more water to wash it through.

6. Fill the bottle the rest of the way up with water and screw on the lid.
7. Tip the bottle upside down gently until the contents are thoroughly mixed.
8. Let ginger ale sit for 24 to 48 hours on the counter at room temperature until the bottle can no longer be squeezed. It should be hard to the touch. The time it needs to sit will depend on the temperature inside the house. The warmer it is, the shorter the amount of time it will take.
9. Move the ginger ale to the refrigerator and let it sit for 24 hours before opening to avoid an overflow.

Never make this recipe in a glass container. It is a fermented product, and if it sits too long without being “burped” of the carbon dioxide it produces during fermentation, it will explode.

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Modified May 2025



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