

# FILL YOUR PANTRY

## FERMENTING FOODS | Recipes



### GOLDEN SAUERKRAUT

#### Ingredients:

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

#### Directions

1. 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 your hands) for 5 to 10 minutes, until salt draws the juices from 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 completely cover the vegetables.
5. To make brine, boil 1 quart of water with 1-½ tablespoons of salt, then let cool.
6. Weigh 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.



Recipe adapted from: National Center for Home Food Preservation. University of Georgia Extension. [bit.ly/3kcgdRX](https://bit.ly/3kcgdRX)

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°	kraut may not ferment

*If you weigh 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 you use 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, canned. Freezing is also an option.*



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## Fermenting Foods



### HOMEMADE GINGER ALE



Source: Fankhauser, D. B. (2020, Aug. 8). *Making Ginger Ale at Home*. Fankhauserblog. [bit.ly/3D89iSw](https://bit.ly/3D89iSw)

#### Ingredients:

- 1/8 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

Created by: University of Illinois Extension Nutrition and Wellness  
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#### Directions:

1. 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 1/2 cup water and stir.
5. Using a funnel, pour 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. **Very gently, tip the bottle upside down** 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 your house. The warmer it is, the shorter the amount of time it will take.
9. Move the ginger ale to the refrigerator and let 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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