

Golden Sauerkraut

Ingredients:

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

Instructions:

1. Shred the cabbage and combine in a large bowl with all other ingredients, starting with the 3 tablespoons of salt.

2. Pound the cabbage with a pounding tool (or your hands) for 5-10 minutes, until salt draws juices from cabbage.

3. Pack the cabbage mixture into a large sanitized glass jar (I used a 2-gallon jar), pressing the cabbage underneath the liquid. If necessary, add a bit of brine to completely cover vegetables. To make brine, boil 1 quart water with 1 1/2 Tbsp salt, then let cool.

4. Weigh cabbage down with a plate and 3 brine-filled bags (quart size works well). Cover the jar with a lid and towel. Jars with an air-lock may also be used.

5. Store at 70° to 75°F while fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° to 65°F, fermentation may take 5 to 6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft. If using a tight lid, burp daily to release excess pressure.

Note: If you weigh the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to 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.

Makes about 3 1/2 quarts.



Homemade Ginger Ale

Ingredients:

- 1/8 tsp dry active yeast
- 1 cup sugar
- 2 tbsp grated fresh ginger root
- 3 tbsp freshly squeezed lemon juice
- Spring or filtered water
- 2-liter plastic soda bottle

Directions:

1. Put the sugar and yeast into the soda bottle and gently shake to distribute.
2. Peel and grate the ginger. Measure 2 tbsp into your measuring cup.
3. Juice the lemon and measure 3 tbsp into the same measuring cup.
4. Fill the measuring cup with $\frac{1}{2}$ cup 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 the lid on. VERY GENTLY, tip the bottle upside down until the contents are thoroughly mixed.
7. Let the ginger ale sit for 24-48 hours on your 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.
8. Move the ginger ale to the refrigerator and let sit for 24 hours before opening to avoid an overflow.

NOTE: This is a fermented product and if it sits too long without being “burped” of the carbon dioxide, it will explode. Never make this in a glass container.

