



## Symbiosis Ranch Recipes

### Grandma Kalis's Sourkrout

*2 T Apple Cider Vinegar, 1 T Salt, 1 T Sugar - per quart*

1. Shred cabbage in food processor with slicer blade. Just about one bowl in the average processor makes one quart.
2. Empty cabbage into bowl and above ingredients for approx. 1qt. Pack into jar, trump it in with hand kitchen wood dowel until juice comes, if not enough juice add a bit of water.
3. Cover with a non-chopped cabbage leaf.
4. Push down until juices cover over the leaf.
5. Let stand in tray or on towel for 4 days with a *not* tight lid!
6. Process on the 5th day. If moldy on upper leaf, after a few days Remove the mold and spoon of the top.
7. Remove leaf before tightening lids and whip off the jar tops. Then Process in hot water bath, 5 mins after is boils, its done.

