

# Alaska Grown Cabbage

## More Than Just Sauerkraut

Cabbage is a cool season crop and grows very well in almost all parts of Alaska. Since cabbage does grow so well, about the first of September people wonder how to use all of the cabbage they have grown in their gardens. This is one of the reasons this publication was written.

Cabbage contains almost no fat and is very low in calories. According to recommendations from the of the United States Department of Agriculture (USDA), a serving of chopped raw vegetables or cooked vegetables is one-half cup. One serving (½ cup) of shredded raw cabbage provides only 11 calories, but that serving provides 35 percent of the Daily Value for vitamin C and 14 percent of the Daily Value for folate. Cooking concentrates some of these nutrients and decreases others. A ½-cup serving of cooked cabbage provides 15 calories, 29 percent of the Daily Value for vitamin C and about 4 percent of the Daily Value for folate.



Cabbage also is rich in certain *phytochemicals*, compounds that may be able to fight cancer.

### PREPARING AND COOKING CABBAGE

Cabbage is best in flavor and nutrition when eaten raw or cooked for a short period of time in a small amount of water. Overcooking tends to destroy flavor, appearance and vitamins, and it increases the sulfur odor. Season cabbage with salt, pepper, sugar, one of the complementary foods listed in the next section or whatever tastes good to you.

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## TO PREPARE

Remove wilted outer leaves; wash remaining cabbage head. Cut into wedges; remove center core. (Or, shred cabbage.)

## TO COOK

### Boiling Water

Cook uncovered in a small amount of boiling water for the first few minutes. Cover; cook until crisp-tender, about 10 to 12 minutes for wedges; 5 to 7 minutes if shredded.

### Steam

Place prepared cabbage in colander or steamer basket. Place colander or basket over, but not touching, boiling water. Cover. Reduce heat, but keep water bubbling. Steam until crisp-tender, about 13 to 17 minutes for wedges; 8 to 12 minutes for shredded cabbage.

### Microwave

Place prepared cabbage in a glass baking pan. Add about ¼ cup of water per pound of cabbage. Cover and microwave until slightly undercooked (about 8 to 12 minutes per pound for wedges or shredded cabbage). Let stand covered for an additional 5 minutes. (Or follow times given for your microwave oven.)

### Stir Fry

Prepare cabbage as above, but separate leaves (if head is large, you may wish to cut the larger leaves into smaller pieces.) Heat about 1 tablespoon oil in a wok or a large, heavy skillet. Fry cabbage leaves quickly in the hot oil. Season with soy sauce and/or other seasonings as desired.

**Many foods complement the flavor of cabbage and add variety to cabbage dishes. Here are some examples:**

- **Allspice** brings out the sweetness of cabbage.
- **Blueberries** make a colorful and flavorful addition to a sweet cabbage salad. Use either fresh or frozen.
- **Caraway seeds** add zest to cabbage salads, soups and hot dishes. Don't add too many; caraway is strong-flavored. Also, when using in hot dishes, don't add until about the last half hour of cooking because the seeds may become bitter if they are overcooked.
- **Dill** is especially complementary to cabbage salads made with vinegar, but it will complement cooked cabbage too.
- **Mint** adds a refreshing note to coleslaw dressed with a cream and lemon sauce.
- **Pineapple** enhances the sweet taste of cabbage.
- **Sunflower seeds** add a crunchy texture as well as a complementary flavor.

## PRESERVING CABBAGE

### Cold Storing

The best way to preserve cabbage for long periods of time is to store the raw heads in a cool place, such as a root cellar. For more information, see Cooperative Extension publication HGA-00331, *Vegetable Storage in Root Cellars* and FNH-01286, *Preserving Alaska's Bounty, Cold Storage* (DVD).

### Fermenting

Probably the next best way to preserve cabbage is to make **sauerkraut**. You will find directions for making sauerkraut in this publication. For more information, see FNH-01284, *Preserving Alaska's Bounty, Pickling* (DVD).

### Freezing

Fresh cabbage does not freeze well. Cabbage that has been marinated in acid, such as in freezer coleslaw, does freeze well. You will find recipes for frozen cabbage dishes on the next few pages of this publication. Sauerkraut also freezes well. Some prefer frozen sauerkraut over canned kraut.

### Canning

Sauerkraut also may be canned. You will find processing times and recommendations with the sauerkraut recipes in this publication. Canning cabbage other than as sauerkraut is not recommended.

### Drying

According to *So Easy To Preserve*, Cooperative Extension Service, University of Georgia, cabbage is only "fairly" suitable for drying. Even so, dried cabbage can be useful to have on hand to add to soups, stews and other mixed vegetable dishes.

**To dry:** Remove outer leaves; quarter and core cabbage. Cut into strips 1/8 inch thick. Water blanch 1½ to 2 minutes or steam blanch 2½ to 3 minutes, or until wilted. It will take about 10 to 18 hours to dry in a home dehydrator.

**To use:** Just drop the dried cabbage into the soup or stew pot with all the other ingredients and let it simmer until tender.

## RECIPES

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*Many of the recipes included in this publication are from Alaska residents.*

### About the Nutrition Information

You will find nutrition information at the end of each of the following recipes. This information was calculated electronically using *Nutritionist III* software, (N<sup>2</sup> Computing). Data for the calculations came from the USDA and from manufacturers of the convenience foods called for in some of the recipes.

It is best to use these values as **guidelines**. Differences in plant varieties, growing conditions, maturity, cooking times and temperatures, storage, and other handling variations may result in differences in actual nutritional values. Also, calculations cannot take into account all of the nutrient changes that might occur while cooking foods by the variety of methods covered in these recipes.

Data on *calories*, *fat* and *cholesterol* are given for *every* recipe. Data on dietary fiber and key vitamins and minerals are included when the calculated amounts are 10 percent or more of the Daily Value. When a food contains 10 percent or more of the Daily Value for a vitamin, mineral or dietary fiber, it is considered to be a good source of that nutrient, according to food label regulations.

Many of the recipes in the original version of this publication did not give the size or numbers of servings the recipe made. For those recipes, the USDA Food Guide Pyramid served as the guide for serving sizes. A serving of chopped or cooked vegetables, according to the Food Guide Pyramid is ½ cup. Effort was made to approximate this amount when determining serving sizes for these recipes. In the case of main dishes containing meat, a 3- to 4-ounce serving of meat was used

to estimate serving size, when reasonable. We still had to “guesstimate” serving sizes for some recipes.

You may eat more or less than the given serving size for a recipe. If so, just multiply or divide by however much more or less you eat. It will be important to note serving size when planning meals, to be certain you prepare enough.

## CABBAGE CASSEROLES AND TOP OF THE RANGE DISHES

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### Scalloped Cabbage with Cheese

*Pearl Mock*

- 1 small head cabbage
- 2 cups grated cheddar cheese
- 1½ cups medium white sauce
- ½ to ¾ cup buttered bread crumbs

Cook cabbage in boiling water until tender. In a greased baking dish, put a layer of cabbage, then a layer of cheese, then a layer of white sauce (recipe follows); continue to add layers until all ingredients are used up. Cover the top with well-buttered crumbs. Bake in 350°F oven for about 20 minutes or until crumbs are brown.

### Medium White Sauce

- 3 tablespoons margarine
- 3 tablespoons flour
- 1½ cup milk

To make smooth, creamy white sauce, cook over low heat or in a double boiler. Melt margarine, blend in flour, slowly stir in milk. Cook and stir mixture until thickened. Cook and stir 2 minutes more. Approximately eight ½-cup servings.

*Per serving: calories, 218; fat, 15 g; cholesterol, 32 mg; vitamin A, 17% of Daily Value; vitamin C, 21% of Daily Value; calcium, 28% of Daily Value.*

*52% of the calories and 64% of the fat come from the cheese. You may try a low-fat cheese instead of the regular cheddar, but check the nutrition label to see if that cheese provides the same amounts of calcium and vitamin A as does the regular cheddar.*

## Cabbage with Cheese

Ruth VanVeldhuizen

3 cups shredded cabbage  
1 teaspoon salt (optional)  
¼ cup evaporated milk  
½ cup grated processed cheese

Cook cabbage in ½ cup boiling water until tender (about 6 to 9 minutes). Drain. Add milk and cheese; place over low heat and stir until cheese melts and coats cabbage. Approximately four ¾-cup servings (this serving size was given with the recipe).

*Per serving: calories, 90; fat, 6 g; cholesterol, 18 mg; vitamin C, 31% of Daily Value; calcium, 15% of Daily Value.*

*58% of the calories and 76% of the fat come from the cheese; 23% of the calories and 20% of the fat come from the milk. You can lower calories and fat by using low-fat cheese and/or non-fat evaporated milk. However, this dish, as it is, is quite low in calories and fat for the amount of other nutrients it provides. Also, these calculations are based on a larger serving size (¾ cup) than are many of the other recipes in this publication.*

## Cabbage-Hamburger Loaf

Barbara Matthews

2 pounds hamburger  
2½ cups shredded cabbage  
3 eggs  
1 medium onion, chopped  
1 teaspoon salt (optional)  
dash of pepper  
garlic salt to taste  
6 ounces tomato paste

Mix all ingredients except tomato paste, and press into a greased 5x9x3-inch meat loaf pan. Bake at 350°F for 1½ hours. Fifteen minutes before it's done, pour tomato paste over the top. Approximately eight servings, with about 3 ounces beef and ½ cup vegetables each.

*Per serving: calories, 283; fat, 19 g; cholesterol, 149 mg; iron, 16% of Daily Value; vitamin C, 28% of Daily Value.*

*80% of the calories and 88% of the fat come from the beef. Regular ground beef was used in the calculation. Use lean ground beef to decrease calories and fat.*

## Cedric's Casserole

Kathy Kollodge

½ pound extra lean hamburger  
1 medium onion, chopped  
¾ teaspoon salt (optional)  
fresh ground pepper to taste  
1 medium cabbage, chopped coarsely (about 6 cups)  
1 10½-ounce can condensed tomato soup

Brown the hamburger in a non-stick pan. Add onions and sauté in juices from the hamburger until softened. Add salt and pepper to taste. Spread half the chopped cabbage in the bottom of a covered roasting pan or a large casserole. Cover with meat mixture. Top with the remaining cabbage. Spread condensed soup over the top of the cabbage. Bake covered for 1 hour at 350° F. Approximately four 2-cup servings.

*Per serving: calories, 234; fat, 9 g; cholesterol, 35 mg; iron, 18% of Daily Value; calcium, 12% of Daily Value; vitamin C, 200% of Daily Value; folate, 20% of Daily Value; dietary fiber, 49% of Daily Value.*

## Jigtime Creamed Cabbage

Gertrude Van Bruggen

1½ cups milk, divided  
6 cups shredded cabbage  
1½ tablespoons flour  
1½ tablespoons margarine  
1¼ teaspoons salt (optional)  
pepper to taste

Slowly heat 1¼ cups milk; add cabbage; cover and simmer for 2 minutes. Combine remaining ¼ cup milk with flour and stir to form a smooth paste. Stir into cabbage mixture. Add margarine, salt (if desired) and pepper. Cook over medium to low heat for about 4 minutes, stirring constantly. Approximately eight ¾-cup servings.

*Per serving: calories, 63; fat, 3 g; cholesterol, 4 mg; vitamin C, 32% of Daily Value.*

*35% of the calories and 27% of the fat come from the milk. Two-percent milk was used to calculate these values. Substitute skim milk for two-percent to cut calories and fat. However, this dish already is quite low in calories and fat.*



## New England Boiled Dinner

Betty Fletcher

This is a good way to use a variety of garden vegetables. The amounts of each vegetable you use can be determined by family size and amount of the vegetables you have. Turnips may also be added.

1/2 pound salt pork  
1/2 cup water  
1 onion, cut into slices  
1/2 or 1 green pepper, cut into slices  
6 peeled carrots, cut into quarters  
6 new potatoes, peeled and cut into quarters  
1 medium size head cabbage, cut into large wedges  
salt and pepper to taste

In heavy pot cook salt pork until brown on both sides. Then add 1/2 cup water, onion and green pepper and simmer for 1/2 hour. Add carrots and continue simmering until carrots are almost done. Then add potatoes and simmer about 30 minutes; add cabbage and simmer another 10 minutes or until cabbage is tender. Do not overcook the cabbage. (Additional water may be added, if needed, at any time throughout the cooking process. If you heat the water before adding, you will not interrupt the cooking process.) Approximately eight 1 1/2-cup servings (this is considered to be a main dish).

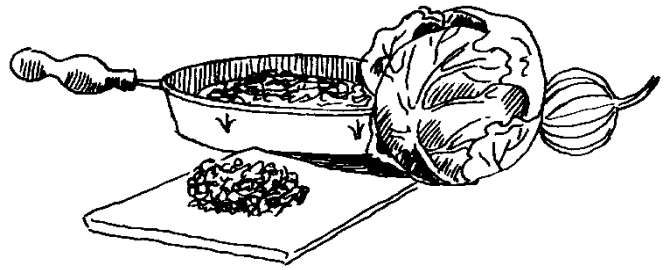
*Per serving: calories, 281; fat, 15 g; cholesterol, 24 mg; vitamin A, 194% of Daily Value; vitamin C, 97% of Daily Value; folate, 11% of Daily Value.*

*58% of the calories and 96% of the fat come from the salt pork. Cooking the vegetables in salt pork adds a complementary flavor to the vegetables. Salt pork is mostly fat, similar to bacon. If you do not eat the salt pork, you will cut out some of the fat. You also may try substituting lean ham for the salt pork.*

## Pan Fried Cabbage

Betty Fletcher

Heat 1/2 pound chopped bacon in a heavy skillet over low heat until done, but not crispy. You may want to pour off some of the bacon fat. You need only enough to fry the onion and cabbage. Add 1 medium sliced onion and sauté until tender. Then add 1 small head shredded cabbage (do not add water). Add salt and pepper to taste. Cook over medium to high heat for about 10 minutes. Stir often. Approximately eight 1/2-cup servings.



*Per serving: calories, 177; fat, 14 g; cholesterol, 24 mg; vitamin C, 32% of Daily Value.*

*92% of the calories and 99% of the fat come from the bacon. The bacon flavor is especially complementary to the cabbage. To lower fat and calories, try draining the cooked cabbage in a colander for a few minutes before serving it.*

## Chow Mein Cabbage

Bruth George

3 cups shredded cabbage  
1 cup diagonal cut celery  
2/3 cup green pepper (chunks)  
1 cup chopped onion  
2 tablespoons butter or margarine  
1/2 teaspoon salt (optional)

Melt butter; add vegetables and salt (if desired). Cook slowly, 5 minutes, stirring constantly. Cover and continue cooking slowly until vegetables are tender (about 3 to 5 minutes). Serve immediately. Soy sauce can be added. Approximately 10 1/2-cup servings.

*Per serving: calories, 35; fat, 2 g; cholesterol, 0; vitamin C, 22% of Daily Value.*

*58% of the calories and 94% of the fat come from the margarine. However, this dish is quite low in calories and fat.*

## Filled Cabbage Casserole

Pearl Mock

1 head cabbage, shredded  
1 pound ground round steak  
1 pound ground lean pork  
salt and pepper to taste  
1 tablespoon flour  
1 tablespoon butter or margarine  
1 cup water drained from boiled cabbage  
1 package beef or mushroom gravy mix

Boil cabbage until tender. Drain and reserve 1 cup of water. In casserole dish, alternate layers of

meat and cabbage. Mix flour, butter and the 1 cup of drained water with gravy mix. Pour over top of cabbage mixture. Bake at 325°F for 1 hour. For color, tomatoes can be added. (If fresh tomatoes are used, they need to be peeled.) Approximately 8 servings containing about 3 ounces meat and 1/2 cup cabbage each.

*Per serving: calories, 214; fat, 9 g; cholesterol, 64 mg; iron, 12% of Daily Value, vitamin C, 55% of Daily Value.*

*72% of the calories and 80% of the fat come from the meat. Lean beef and pork were used in the calculations; they were specified in the original recipe. You could probably cut calories and fat by additional trimming of the meat. However, this dish is quite low in calories and fat for a main dish.*

## SALADS AND SLAWS

### Coleslaw

*Thelma Ayotte*

4 cups chopped cabbage  
1/2 teaspoon celery seed  
1/2 cup chopped fresh parsley  
1/2 cup chopped green pepper  
small amount of finely chopped onion for taste

Mix all of the above ingredients together. Then mix the following dressing:

5 tablespoons salad oil  
1/2 cup vinegar  
2 teaspoons salt  
1/2 cup sugar

Pour over cabbage mixture and refrigerate at least 2 hours before serving. Approximately eight 1/2-cup servings.

*Per serving: calories, 136; fat, 9 g; cholesterol, 0; vitamin C, 53% of Daily Value.*

### Cold Cabbage Slaw

*University of Alaska*

4 cups cabbage, finely shredded  
1/2 cup green pepper, minced  
1/4 cup diced sweet pickle (optional)  
1 tablespoon sugar  
1/2 teaspoon salt (optional)  
3 tablespoons vinegar

1/4 cup cream, sweet or sour  
2 tablespoons prepared mustard  
black pepper, to taste

Mix cabbage with green pepper and pickles. Combine sugar, salt (if desired), vinegar, cream, mustard and pepper; pour over cabbage, blend well, serve at once. Approximately eight 1/2-cup servings.

*Per serving: calories, 39; fat, 1 g; cholesterol, 3 mg; vitamin C, 47% of Daily Value.*

*This is a good salad to prepare if you are watching calories and fat.*

### Blender Coleslaw

*Barbara Matthews*

1 medium cabbage  
1 medium green pepper (optional)  
1 large onion  
1 large carrot

Blender chop all ingredients, a few at a time with the blender 2/3 full of water. Drain thoroughly. Mix dressing separately and pour over blender-chopped vegetables. The outer, dark green leaves of the cabbage may be used, if the veins are removed. This salad keeps well in the refrigerator for up to two weeks. Approximately 14 1/2-cup servings.

### Dressing

1/2 cup salad oil  
1/2 cup vinegar  
1 cup sugar  
1 teaspoon salt  
1/2 teaspoon dry mustard  
2 tablespoons parsley  
1/4 teaspoon pepper

*Per serving: calories, 91; fat 8 g; cholesterol, 0; vitamin A, 26% of Daily Value; vitamin C, 32% of Daily Value.*

*75% of the calories and 98% of the fat come from the oil. If you drain the salad before serving or use a slotted spoon to serve, you will get less of the oil in the salad you eat.*



## Gelatin Cabbage Salad

- 1 3-ounce package lime gelatin
- 1 8¼-ounce can crushed pineapple, drained (save juice)
- 1 apple, chopped
- 2 cups finely shredded cabbage

Prepare gelatin as directed on package. Pineapple juice can be used for part of the water. Let gelatin cool until it starts to gel. Then stir in cabbage, apple and pineapple. Approximately four ¾-cup servings.

*Per serving: calories, 129; fat, 0 (less than .5 g); cholesterol, 0; vitamin C, 44% of Daily Value; folate, 15% of Daily Value.*

*54% of the calories comes from the gelatin dessert.*

## Overnight Cabbage Salad

*Gertrude Van Bruggen*

- 2 teaspoons salt
- 4 cups shredded cabbage
- ½ red pepper or pimento, chopped (optional)
- ½ green pepper, chopped
- 2 stalks celery, finely chopped
- 1 cup sugar
- ½ cup vinegar
- ½ cup water
- 1 tablespoon mustard seed

Soak vegetables in brine (2 teaspoons salt and 1 quart water) for about one hour. Then drain. Boil sugar, vinegar, water and mustard seed until sugar is dissolved. Cool and pour over cabbage mixture. Add celery and refrigerate overnight. Approximately eight ½-cup servings.

*Per serving: calories, 108; fat, 0 (less than .5 g); cholesterol 0; vitamin C, 51% of Daily Value.*

*83% of the calories comes from the sugar. Some of this sugar will be dissolved in the liquid that is pulled from the vegetables while the salad is stored overnight. If you drain the salad before serving or use a slotted serving spoon, you will get less of this dissolved sugar.*

## Coleslaw

*Mary Jo Pyne*

- 1 medium cabbage, finely chopped
- 2 carrots, grated
- 2–3 apples, chopped
- 2 stalks celery, chopped

- 1 cup raisins
- 1–2 green onions, chopped (optional)
- 1 cup (or more) walnuts, chopped

## Dressing

- ½ cup mayonnaise
- 2 tablespoons vinegar or lemon juice
- ½ teaspoon celery seed
- 1 teaspoon sugar
- 2 teaspoons mustard
- ½ teaspoon salt (optional)
- ⅛ teaspoon pepper

Mix all dressing ingredients together and pour over coleslaw, blending well. Refrigerate until ready to use. Remember to stir again before serving. Approximately fourteen ¾-cup servings, depending on sizes and quantities of fruits and vegetables used.

*Per serving: calories, 192; fat, 13 g; cholesterol, 5 mg; dietary fiber, 4 g, 15% of Daily Value; vitamin A, 47% of Daily Value; vitamin C, 70% of Daily Value; folate, 14% of Daily Value.*

*33% of the calories and 49% of the fat come from the nuts, while 29% of the calories and 47% of the fat come from the mayonnaise. Try replacing some of the mayonnaise with non-fat yogurt. Add plenty of yogurt to achieve good coating of the salad ingredients.*

## Peanut Butter and Cabbage Snacks

A delicious combination. The cabbage gives the peanut butter sweetness without the need for jelly, and its moistness helps the sticky peanut butter go down.

- 1 small head cabbage
- 1 cup peanut butter

Wash cabbage; discard any damaged outer leaves. Cut large leaves into quarters, smaller leaves into halves or leave whole, as leaf size decreases toward inside of cabbage head. Spread about 1 teaspoon peanut butter on each leaf piece. Roll up leaf. Approximately 50 snacks. Six snacks will provide a ½-cup serving of cabbage, as well as protein from the peanut butter.

*Per snack: calories, 31; fat, 3 g; cholesterol, 0.*

*Per 6 snack serving: calories, 197; fat, 16 g; cholesterol, 0; dietary fiber, 2.6 g, 10% of Daily Value; vitamin C, 27% of Daily Value; folate, 11% of Daily Value.*

## Jail House Coleslaw

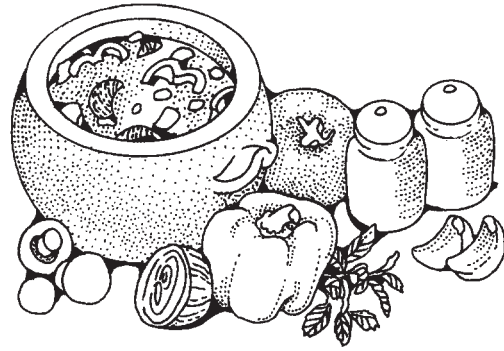
*Polly Grove*

2 cups sugar  
1 cup white vinegar  
1 teaspoon salt  
¼ teaspoon celery seed  
1 sweet red pepper, chopped  
1 sweet green pepper, chopped  
1 teaspoon horseradish  
6 cups cabbage, shredded

Mix all ingredients except cabbage together; add cabbage. Keep adding cabbage as long as you have dressing left. Store overnight in refrigerator. Approximately 12 ½-cup servings.

*Per serving: calories, 137; fat, 0 (less than .5 g); cholesterol, 0; vitamin C, 53% of Daily Value.*

*87% of the calories comes from sugar. Some of the sugar will be dissolved in the liquid that drains from the salad as the salad stands. If you drain the salad before serving, or use a slotted serving spoon, you will remove some of the sugar.*



and vegetables. Then, when you defrost the soup, heat whatever “extras” you choose with the soup at that time. Approximately eight 1½-cup servings (½ cup cabbage; about ¾ cup tomato juice).

*Per serving: (cabbage and tomato juice only) calories, 45; fat, 0 (less than .5 g); cholesterol, 0; vitamin C, 87% of Daily Value; folate, 11% of Daily Value.*

*A lot of soup and just a few calories.*

## SOUPS

Cabbage can be added to many soups.

### Cabbage and Tomato Soup

1 medium head cabbage  
1 46-ounce can tomato juice  
46 ounces water  
3 bouillon cubes  
½ cup lemon juice  
salt and pepper to taste  
fresh basil, scallions, onions, celery, tomatoes, peppers, carrots, etc. (whatever sounds good to you)

Wash, drain and shred cabbage. Place tomato juice in a large non-aluminum saucepan with an equal amount of water. Add the cabbage and slowly bring to a boil. Cover and simmer for 10 minutes. Add the bouillon, lemon juice, salt (if desired) and pepper, plus any other spices or vegetables you wish. Cover and cook slowly for another 5 to 15 minutes, depending on the degree of doneness desired for the other ingredients. This soup freezes well. You may wish to prepare the soup with all ingredients except the extra spices

### Lithuanian Cabbage and Potato Soup

*Nancy Kuhn*

2 large potatoes  
1 small head cabbage, shredded  
4 cups water  
4 cups milk  
salt and pepper to taste  
1 tablespoon butter

Peel and dice potatoes. Boil potatoes and cabbage in water until potatoes are tender. Then add milk and salt and pepper. Just heat, do not boil. Add butter just before serving. Note: Cubed carrots may be added for color. Approximately six 1-cup servings.

*Per serving: calories, 177; fat, 5 g; cholesterol, 14 mg; vitamin A, 10% of Daily Value; vitamin C, 39% of Daily Value; calcium, 22% of Daily Value.*

*45% of the calories and 58% of the fat come from the milk. Two-percent milk was used to calculate data. Use skim milk to cut calories and fat.*



## CABBAGE DISHES FOR THE FREEZER

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### Freezer Coleslaw

*Shirley Boulette*

A champion winner at the Tanana Valley Fair!

- 1 teaspoon salt
- 1 medium cabbage, chopped or shredded
- 1 carrot, grated
- 1 green pepper, chopped
- 1 red pepper, chopped

Mix salt with cabbage. Let stand 1 hour. Squeeze out excess moisture. Add carrots and peppers. While cabbage is standing make this dressing:

- 1 cup vinegar
- ¼ cup water
- 1½ cups sugar (slightly more if desired)
- 1 teaspoon whole mustard seed
- 1 teaspoon celery seed

Combine ingredients and boil 1 minute. Cool to lukewarm, pour over slaw mixture and put into containers. Cover to freeze. This thaws in a short time for serving and leftover slaw can be refrozen. Approximately fourteen ½-cup servings.

*Per serving: calories, 105; fat, 0 (less than .5 g); cholesterol, 0; vitamin A, 24% of Daily Value; vitamin C, 80% of Daily Value; folate, 12% of Daily Value.*

*73% of the calories comes from sugar. Some of the sugar will be dissolved in the liquid that drains from the salad during thawing and storing. If you drain the salad before serving or use a slotted serving spoon you will remove some of the sugar.*

### Make-Ahead Stuffed Cabbage Rolls

- 1½ pounds ground beef
- 2 cups cooked rice
- 1 cup chopped onion
- 1 teaspoon chili powder
- 1 teaspoon garlic salt
- 1 teaspoon salt (optional)
- 8 large cabbage leaves



## Sauce

- 1 16-ounce can tomatoes
- 1 8-ounce can tomato sauce
- 1 cup chopped onion, fresh or frozen
- 2 tablespoons brown sugar
- 1 tablespoon vinegar

Combine beef, rice, onion, chili powder, garlic salt and salt (if desired); mix well. Divide into eight equal portions. Cut the stiff ridge from back of each cabbage leaf. Cook leaves in boiling water, two at a time, just until they are limp; drain well. Place one portion of the meat mixture at the stem end of each cabbage leaf and roll up, folding the sides of the leaves over meat mixture. Arrange rolls in freezer containers; seal and freeze. When ready to use, arrange frozen cabbage in rolls in large fry pan. Combine and mix sauce ingredients. Pour over cabbage rolls; heat to simmering stage. Cover pan and cook slowly until rolls are done, about 45 minutes. Serves eight.

*Per serving: calories, 285; fat, 13g; cholesterol, 52 mg; iron, 15% of Daily Value; vitamin C, 36% of Daily Value.*

*60% of the calories and 96% of the fat come from the beef. Regular ground beef was used in the calculation. Use lean ground beef to cut calories and fat.*

## SAUERKRAUT

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Sauerkraut is naturally fermented cabbage. Natural fermentation is one of the oldest ways of preserving food. When salt is added to shredded cabbage, it causes juice to be extracted from the shredded cabbage. This juice contains fermentable sugars. Microorganisms naturally present on the cabbage leaves will, in the absence of oxygen, use these sugars to produce lactic acid. The acid will preserve the cabbage.

*It is very important to use the correct amount of salt so that fermentation can take place. Sauerkraut is a salty food. People who must restrict their sodium intakes need to take into account the high salt content of sauerkraut when planning their meals. **Do not try to lower the sodium content of sauerkraut by adding less salt to the fermentation mixture.** The cabbage will spoil rather than ferment. Instead, try rinsing the fermented kraut in cold water before eating it to remove some of the salt.*

Although, traditionally, sauerkraut is made from regular green cabbage, you can make good kraut from red cabbage too. The red cabbage may be a blue/purple color at the beginning of the process, but the pigments will change to red/purple as the fermentation progresses and acid is formed.

If you want to make sauerkraut from Alaska's giant cabbages, you can, but it may take some extra work to get this cabbage shredded evenly. The leaves, especially the outer ones, may be tough on these very large cabbages. It is difficult to shred tough leaves to produce pieces that are of uniform size. Uneven size pieces could result in uneven fermentation. If the leaves are tough, try removing the veins and cutting the more tender veinless leaf pieces with a knife. (If you cut them into small pieces, those tough veins can be used to make a good coleslaw.)

## MAKING SAUERKRAUT

### Large Amount of Cabbage

(Yield: about 9 quart jars)

25 pounds cabbage

¾ cup canning salt

- Discard outer leaves. Rinse cabbage heads under cold water and drain. Cut heads in quarters and remove cores.
- Shred or slice to a thickness of a 25-cent coin or thinner. A meat slicer works well, if you have one. You may also use a food processor or food grinder. The shredded product will look a little different, but that will not affect its ability to ferment. (Not all food processors/grinders will give an even shred. You may have to shop around to find one that works well for cabbage.)
- Weigh cabbage. Put 5 pounds of shredded cabbage into a large mixing bowl or pan. Sprinkle 3 tablespoons canning salt (non-iodized) over the cabbage. Let salted cabbage stand 5 to 10 minutes to wilt slightly. This will help to draw the juices out. Then mix well with clean hands.
- Transfer the salted cabbage to a suitable fermentation container. Pound cabbage firmly with a wooden tamper or spoon (or press firmly with clean hands) until enough juices are drawn out to cover the cabbage.
- Weigh another 5 pounds of cabbage and repeat the procedure, placing the second batch of salted, wilted cabbage on top of the first. Continue layering 5 pound batches, pounding or pressing each layer to draw out juices, until fermentation container is filled to the desired depth. If you have less than 5 pounds of cabbage in the last batch, adjust the salt accordingly — just keep the proportion of 3 tablespoon salt/5 pounds of shredded cabbage.
- Leave about 4 or 5 inches of space between the cabbage and the top of the fermentation container. Cabbage should be covered with 1 to 2 inches of its own juice. If juice does not cover cabbage, add boiled and cooled brine (1½ tablespoons salt/quart of water).
- Next, cover the cabbage to exclude air. This step **is critical because fermentation will take place only in the absence of oxygen.**
- Store container with cabbage at 70° to 75°F for fermenting. For best quality, select a location in which temperature will remain fairly constant.

### What Is a Suitable Fermentation Container?

**Glass jars** and **heavy food-grade plastic containers** are considered to be the safest fermenting vessels. Metal and non-food grade plastic containers are not recommended. The acid in the kraut could extract metals or chemicals from these containers that could produce off-flavors and toxic products in the kraut.

Old ceramic crocks may contain lead and other toxic metals; the acid in the kraut could cause the lead to leach from the crock into the kraut, especially if the ceramic is cracked or chipped. New ceramic crocks may be expected to be low-lead or lead-free, and, if so, make excellent fermenting containers. However, since new ceramic crocks may be expensive, it is a good idea to ask about the lead content before investing in a ceramic crock. You may be able to purchase food grade plastic containers from local restaurants. A 5-gallon container will hold about 25 pounds of prepared cabbage.

### How To Exclude Air (Oxygen)

Either of the following methods may be used to keep oxygen from the cabbage/salt mixture so that cabbage will ferment properly. You may have less trouble with spoilage if you use method 1.

#### Method 1

One of the easiest and best ways to keep air out of the fermenting cabbage is to place a brine-filled plastic bag on top of the cabbage. This also will cover and weight down the cabbage. To make brine, use 6 tablespoons salt/1 gallon water (1½ tablespoons/1 quart water.)

Use a heavy-weight, water-tight plastic bag that is intended for use with food and that is not colored. Do not use plastic garbage/trash bags. For extra protection against leakage, the brine-filled bag may be placed inside another plastic bag. Add enough brine to the bag to give just enough pressure to keep the fermenting cabbage covered with its own juice, 3 to 4 inches usually is about right; then tie the bag securely.

#### Method 2

An alternate method is to cover the cabbage with a clean cloth or clear plastic. Fit this cover smoothly against the sides of the container.

Then cover with a plate or other non-metallic disk that just fits inside the container so that the cabbage is not exposed to the air.

Put a weight on top of the cover so the juice comes to the cover but not over it. A glass jar filled with water makes a good weight.

At temperatures between 70° to 75°F, kraut will be fully fermented in about three to four weeks; at 60° to 65°F, fermentation may take five to six weeks; at temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.

If you use weights other than the water/brine-filled plastic bags, you will need to check the kraut two to three times each week (or even every day) and remove scum if it forms. Some people like to examine the kraut as it ferments and choose method 2 to follow the kraut's progress. After checking the kraut, re-cover container with clean plastic or cloth.

It is not necessary to check kraut weighted down with water/brine-filled plastic bags. Some directions for making sauerkraut tell you not to disturb the kraut while it is fermenting when you use this method of weighting it down; others say it is okay to peek every so often if you want to check the kraut's progress.

Look for these indicators to help recognize when sauerkraut is ready (fermentation completed).

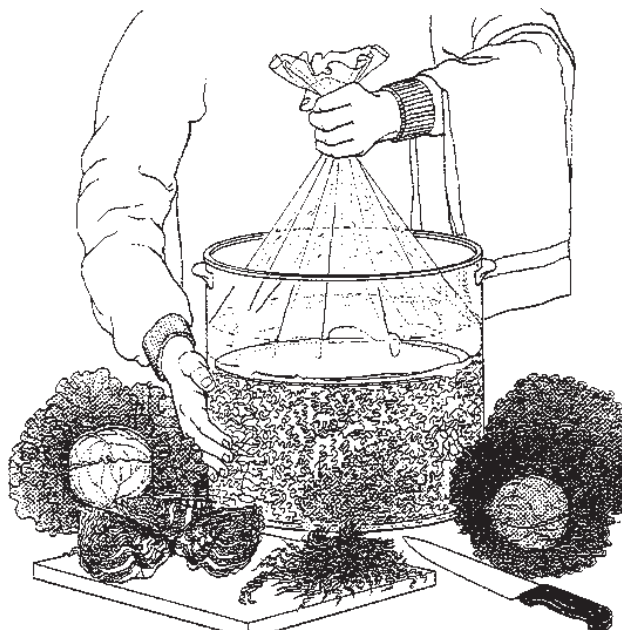
- Cabbage changes from opaque, green-white to translucent, golden color.
- Product smells like sauerkraut.

*Sometimes the absence of bubbles serves as an indicator, but this may be misleading. It is hard sometimes to see bubbles, and bubbles could indicate the start of additional, unwanted fermentations.*

### Small Amount of Cabbage

#### Glass Jar Method

If you would rather work with only a few heads of cabbage at a time, the guidelines that follow will help you to make small amounts of sauerkraut successfully.



**Illustration from USDA Complete Guide to Home Canning, Agriculture Information Bulletin No. 539. 9-94.**

**To eliminate air so cabbage can ferment** use either of the following methods:

1. Put a sterilized lid on the jar just tightly enough to keep out air.
2. Weight down with a brine-filled plastic bag as described in the section on fermenting large amounts of cabbage.

Use any 1- or 2-quart standard canning jar that is free from nicks, chips or cracks. Sterilize the jar, lid and other utensils to be used in packing the kraut by placing them in boiling water for 10 minutes. Remove the sterilized equipment from the hot water as it is needed. Allow it to cool before coming in contact with the cabbage.

- Prepare cabbage as described for making a large amount of kraut.
- Shred cabbage into a sterilized pan or bowl. If you use a kraut grater, you will get uniform cabbage slices and increase your chances for success with this method.
- Weigh the grated cabbage and combine with non-iodized salt, using 3½ tablespoons salt for every 5 pounds of shredded cabbage. (If cabbage head has been stored for a month or so, add 1 tablespoon sugar to the recipe.)
- After thoroughly mixing cabbage with salt, allow it to stand for several minutes to wilt somewhat. This step is important. It will help to draw juices from the cabbage.
- Pack the cabbage firmly into the jar, filling jar to the top. Press down firmly until juice runs out of the cabbage and covers it completely. For best results, try to press enough juice from the cabbage to cover cabbage completely with its own juices. If you cannot press out enough juice to cover cabbage, try adding boiled and cooled brine (1½ tablespoons salt per quart of water) until cabbage is completely covered.
- Set the jar on a tray or in a pan to collect juice that may leak out during fermentation. Do not pour the juice that bubbles out back into the jar.
- Store container with cabbage at 70° to 75°F for fermenting. Cabbage will ferment more quickly

in the smaller containers, usually between 1 and 3 weeks, depending on container size.

Look for these indicators to help recognize when sauerkraut is ready (fermentation completed).

- Cabbage changes from opaque, green-white to translucent, golden color.
- Product smells like sauerkraut.

*Sometimes the absence of bubbles serves as an indicator, but this may be misleading. It is hard sometimes to see bubbles; and bubbles also could indicate the start of additional, unwanted fermentations.*

## STORING SAUERKRAUT

Fully fermented kraut may be kept tightly covered in the refrigerator for several months, or it may be canned or frozen to maintain quality and to save space in your refrigerator. If you plan to store some kraut in the refrigerator, check the kraut after fermenting to see that there still is enough liquid to cover it. If not, replace the juice that has bubbled out with a boiling hot, weak brine — 1 tablespoon salt per quart of water. Then, cover the container and refrigerate.

## CANNING

If you fermented the cabbage in **1-quart or smaller size jars**, just place the open kraut-filled jars in water that comes up to the shoulders of the jars. Bring water to a boil and boil 10 minutes. Remove jars. Pack kraut into clean 1-quart or smaller jars. Check headspace. If needed, add boiling hot brine to fill jars to ½ inch from the top. Wipe jar rims, and attach lids according to manufacturer's directions. Process as recommended for **hot pack**.





It is important to transfer kraut to clean jars because it may be difficult to clean the rims of the jars used for fermenting well enough to achieve a good seal when processing. If you used jar lids to keep out air while fermenting, be certain to use **NEW jar lids** and **clean rings** for processing.

If you fermented the cabbage in a **2-quart jar** or **larger container**, follow recommendations below.

**Hot Pack:** Bring kraut and liquid slowly to a boil in a large pot, stirring frequently. Remove from heat and fill jars rather firmly with kraut and liquid, leaving 1/2 inch headspace. Wipe jar rims. Adjust lids.

Process in boiling water canner.  
pints: 10 minutes  
quarts: 15 minutes

**Raw Pack:** Fill jars firmly with unheated kraut and liquid, leaving 1/2 inch headspace. Wipe jar rims. Adjust lids.

Process in boiling water canner.  
pints: 20 minutes  
quarts: 25 minutes

**Note:** *If you live at, or should move to, an altitude greater than 1,000 feet above sea level, these processing times may be insufficient. Consult your local Extension agent for recommended times.*

## **FREEZING**

Pack kraut and juice in rigid plastic moisture-vapor proof freezer containers, glass freezer jars (leaving at least 1 1/2 inches headspace), or in heavy, tightly sealed plastic freezer bags. Freeze.

## **SPOILAGE PROBLEMS**

Spoilage in sauerkraut causes undesirable color, off-odors, soft texture and unpleasant flavor. Spoilage of sauerkraut could result in a product that is unsafe to eat.

The primary safety concern with kraut is that if the kraut has not fermented properly, it may not have become acid enough to be preserved. If insufficient acid is formed, harmful microorganisms may grow.

Some spoilage may occur only on the surface. You may be able to remove this spoiled kraut and use the rest. However, molds that grow on the surface of kraut can change the acidity of the kraut, making the kraut susceptible to spoilage by microorganisms that are harmful. Molds grow best when they can get some air. Try to keep the kraut container air-tight. Check kraut for mold often and quickly remove any mold that you see.

Some kinds of spoilage, other than mold, that may occur when making sauerkraut are listed below.

**Softness** may result from insufficient salt, high temperatures during fermentation, uneven salt distribution or air pockets caused by improper packing. *You could get some softness in kraut if you start out with cabbage that is not crisp.*

**Pink color** in kraut is caused by the growth of certain types of yeasts on the surface of the kraut. These may grow if there is too much salt, an uneven distribution of salt or if the kraut is insufficiently covered during fermentation. *These yeasts are not considered harmful. Pink color may result also from pigments in the cabbage. The pigments are not harmful.*

**Rotted kraut** is usually found at the surface, where the cabbage has not been covered sufficiently to exclude air during fermentation.

**Darkness** in kraut may be caused by unwashed and improperly trimmed cabbage; insufficient juice to cover the cabbage during fermentation; uneven salt distribution; exposure to air; high temperatures during fermentation, processing or storage; or long storage period. *Some darkening may occur during **storage of canned kraut**. This probably is not a safety concern, since it is likely is caused by a chemical change that occurs naturally over time.*

**If you have any doubts about the safety of your kraut, throw the kraut out.**

## SAUERKRAUT RECIPES

### Beerocks

Deanna Morris

A prize-winning recipe at the Tanana Valley Fair!

1 pound (approx.) potatoes, peeled and cut in chunks  
1 package dry yeast (2¼ teaspoon)  
⅔ cup sugar  
1½ teaspoons salt  
2 eggs, well beaten (plus additional egg yolk to brush on top of beerocks)  
⅔ cup cooking oil  
7–7½ cups flour

Boil potatoes. Save 1½ cups water. Mash potatoes. You will need 1 cup of the mashed potatoes for the beerock dough. Dissolve yeast in luke-warm potato water. Add sugar and salt. Let stand till sugar dissolves (about 5 minutes); add luke-warm mashed potatoes and mix well. Add eggs and oil. Mix well. Add flour until dough is easy to handle. Let stand 10 minutes then knead until smooth. Cover and refrigerate up to 24 hours (rises in refrigerator). Let stand at room temperature 1 hour.

Divide dough into three parts. Roll each part on well-floured board to ¼ inch thick. Cut into 4-inch squares. Place 1 tablespoon filling in center of each. Bring up and pinch edges together. Place pinched side down on greased baking sheet. Let rise in warm place 15 to 20 minutes. Brush top with egg yolks beaten with 1 tablespoon water. Bake in 375°F oven 30 minutes, or until golden brown. Makes 3 dozen. When cooled, beerocks may be wrapped in foil and frozen. Reheat by making slit opening in foil and heating in 300°F preheated oven for 25 minutes.



### Filling for Beerocks

1½ pounds ground chuck  
16 ounces sauerkraut (rinsed and thoroughly drained)  
1 1-ounce package onion soup mix  
cayenne pepper to taste  
½ cup sweet pickle relish (optional)

Cook meat. Drain fat and add remaining ingredients. Cool before enclosing in dough. Recipe makes 36.

*Values are for a serving of two beerocks.*

*Per serving: calories, 421; fat 15 g; cholesterol, 47 mg; iron, 19% of Daily Value; vitamin C 12% of Daily Value.*

*42% of the calories comes from the flour in the potato pastry; 54% of the fat comes from the oil in the pastry. Enjoy these delicious beerocks only every once in a while as a special treat.*

### Sauerkraut Salad I

2 cups sauerkraut, drained  
1 cup celery, chopped  
1 cup green pepper, chopped  
¼ cup onion, chopped  
½ cup vegetable oil  
⅔ cup sugar  
1 cup vinegar  
½ teaspoon salt (optional)

Combine vegetables with oil and seasonings. Cover and chill overnight. Approximately eight ½-cup servings.

*Per serving: calories, 202; fat, 14 g; cholesterol, 0; vitamin C, 30% of Daily Value.*

*59% of the calories and 99% of the fat come from the oil; 29% of the calories comes from the sugar. If you drain the salad before serving or use a slotted serving spoon, you will decrease the amount of oil and dissolved sugar in the salad.*

### Sauerkraut Salad II

⅔ cup vinegar  
⅓ cup water  
½ cup vegetable oil  
1 cup sugar  
2–3 cups sauerkraut, drained  
1 green pepper, chopped

1 2-ounce jar pimento, chopped  
1 cup celery, diced  
1 large onion, sliced in rings

Blend the first four ingredients well and mix with sauerkraut. Add the remaining ingredients and mix. Refrigerate overnight in a container with a tight-fitting lid. Stores 2 to 3 weeks. Approximately 10 1/2-cup servings.

*Per serving: calories, 117; fat, 11 g, cholesterol, 0; vitamin C, 33% of Daily Value.*

*82% of the calories and 98% of the fat come from the oil. If you drain the salad or use a slotted serving spoon you will remove some of the oil.*

### Easy Baked Sauerkraut

2 tablespoons butter  
1/2 cup onion, sliced  
4 cups sauerkraut, drained  
1 apple, peeled and sliced  
1 teaspoon caraway seed

Melt butter in large skillet; sauté onions; add sauerkraut and apple; add caraway seed. Barely cover with water and bake 30 minutes at 375° F. Approximately eight 1/2-cup servings.

*Per serving: calories, 59; fat, 3 g; cholesterol, 4 mg; dietary fiber, 3.3 g, 13% of Daily Value; vitamin C, 30% of Daily Value.*

*44% of the calories and 93% of the fat come from the butter.*

### Chocolate Sauerkraut Cake

*University of Wisconsin Cooperative Extension Service*

1 1/2 cups sugar  
2/3 cup butter or shortening  
3 eggs, well beaten  
1 teaspoon vanilla  
2 1/4 cups sifted flour  
1/4 teaspoon salt  
1/2 cup cocoa, unsweetened  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 cup cold water  
2/3 cup sauerkraut, drained and chopped

(If kraut is salty, pour water over and wash; drain well.) Blend the butter or shortening and sugar until creamy. Add well-beaten eggs and vanilla. Mix

with shortening and sugar until fluffy. Mix dry ingredients together with a fork. Add the dry mixture alternately with the water to the creamed mixture. Stir in the sauerkraut. Bake at 350°F in layer pans for 25 to 30 minutes, or in a 9 x 13-inch pan for 35 to 40 minutes. Approximately 16 servings.

*Per serving: (cake only) calories, 233; fat, 10 g; cholesterol, 40 g.*

*90% of the calories comes from the shortening, sugar and flour (about 30% from each); 85% of the fat comes from the shortening.*

### Frosting for Sauerkraut Cake

Here are two frosting recipes for the chocolate sauerkraut cake. Frosting I has slightly fewer calories and a little less cholesterol than frosting II. Frosting I resembles whipped cream in texture and appearance.

#### Frosting I

1 cup milk  
2 tablespoons cornstarch  
1/2 to 3/4 cup vegetable shortening  
1/4 cup sugar  
1 teaspoon vanilla

Combine milk and cornstarch in saucepan and cook over medium heat, stirring constantly until thick; cool mixture. Combine shortening and sugar in a bowl and cream well. Add cooled mixture to the creamed mixture. Add vanilla and beat until smooth and spread on cake. Approximately 16 servings.

*Per serving: calories, 80; fat, 7 g; cholesterol, 1 mg.*

#### Frosting II

13-ounce package cream cheese  
6 tablespoons butter  
1 teaspoon vanilla  
2 cups powdered sugar  
1 tablespoon milk

Soften cheese and butter. Combine all ingredients and beat until smooth. Add more milk if necessary to make frosting spread easily. Approximately 16 servings.

*Per serving: calories, 108; fat, 6 g; cholesterol, 12 mg.*

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*Research on food preservation is an ongoing process. The United States Department of Agriculture and Alaska Cooperative Extension continuously apply new research findings to their recommendations for food preservation techniques. The guidelines in this publication may be revised any time new knowledge is gained that may increase the safety or improve the quality of home preserved products. Please consult your local Cooperative Extension Service annually, wherever you live, for updated information.*

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