

HAUSGEMACHTEN FERMENTING CROCK

INSTRUCTIONS AND AND RECIPE



IMPORTANT

- Wash thoroughly with soap and water before and after using. Crock is dishwasher safe.
- For best results, read and follow owner's manual. Do not use for other than intended use.
- May scratch some surfaces if moved or dragged, especially while full. Use caution, especially on smooth surfaces. To avoid damaging countertops and other surfaces, place on towel or folded cloth.
- Will break if exposed to sudden temperature changes or if dropped on hard surface. Use caution handling broken pieces.

SAVE THIS MANUAL FOR REFERENCE

YOUR PORTAL to the PAST

J. E. Lehman
FOUNDER

Take a virtual tour of our store
at Lehmans.com/tour

On the Square in Kidron, Ohio

We have 1000s more items to help you live a simpler life, including our MASSIVE selection of cast iron cookware. In fact, we carry almost 200 different items from Lodge®!



"We had a wonderful day at Lehman's. You can find something for everyone here. If you are looking for something different and special this is the place to shop. I love this store!"

- SATISFIED CUSTOMER



"Unique and large selection of wood and gas stoves, lanterns, Lodge iron cookware, old fashioned bottled drinks, canned items, and much more."

- SATISFIED CUSTOMER



FOR A SIMPLER LIFE

LEHMANS.COM » 800.438.5346

*Satisfaction guaranteed.
Prices subject to change.
Shipping may be additional.
See website for additional
information.*

HOW TO MAKE SAUERKRAUT

As a society, we have gone outside the home for most of what we need and want in our lives. Food, music, health care, clothing. It's all acquired from outside of the family and community. So what happens when we jam on the dulcimer in the evening, sew some of our own clothes, and make our own medicine? On so many levels, it awakens us. To mix homemade and homegrown into as much of our lives as possible – even in the littlest things – can change so much. In my humble opinion, fermented basic sauerkraut is one of those little things.

Basic sauerkraut is the gateway of fermented foods. It's straightforward and simple, the ingredients are inexpensive, and the reward is fairly quick. It is wonderfully sour, slightly crunchy, and fantastic loaded onto a big sandwich for a burst of flavor or eating right out of the jar as a daily probiotic. (Basic sauerkraut is the stuff of warm Reuben sandwiches!) We love it so much we sometimes make it in large batches. If you are even slightly adventuresome, you will find it enjoyable, too.

The idea of culturing vegetables actually first originated as a way to preserve food so it could be stored without the need for refrigeration. In the old days, usually in the fall seasons, Eastern European families prepared for winter by making several barrels of cultured cabbage, enough for the entire family to eat for many months.

ALL YOU NEED IS CABBAGE, SALT, AND OUR HAUSEGEMACHTEN KRAUT CROCK TO STORE IT WHILE IT'S FERMENTING. A SMALL KITCHEN SCALE WOULD BE HELPFUL, TOO.

BASIC SAUERKRAUT RECIPE

1. Remove damaged or wilted outer leaves and core out a bit of the center stalk from the cabbage.
2. Weigh your trimmed cabbages for a total weight and write it down for accuracy in measuring in the salt later.
3. Using our Triple Bladed Cabbage Cutter, a food processor, or a large knife, shred or chop the cabbage into a large bowl or pan(s), either finely or coarsely, according to your preference.

4. Next, measure out your sea salt and mix well with your cabbage. Rule of thumb, you will want to use about 3 tbsp of high quality salt for every 5 lbs of cabbage, no more. This is 2 tsp per pound if you make a ferment that is smaller than 5 lbs.

**Optional: Stir in 3-4 tsp. of caraway seed if you like it really traditional. It is the flavor that compliments the rye bread in a Reuben sandwich! Caraway alone can stimulate digestion.*

MANY JUST LEARNING TO FERMENT ADD TOO MUCH SALT AND INHIBIT FERMENTATION. TOO MUCH WILL STOP FERMENTATION - TOO LITTLE WILL NOT BE HARMFUL.

5. Pack all the salted cabbage into the Hausgemacht Kraut crock; simply pack down firmly to remove all air pockets (no need to pound!), and the salt will begin to draw liquid out of the shredded mass. Depending on the age of the cabbage you are using, it may take some time for the salt to draw out the juice. Do not fill more than 4/5 of the way to the top.
6. Next, submerge the cabbage by placing the two weights into the crock, pressing them down slightly so that the juice begins to rise. This will keep the cabbage submerged. As the salt draws the liquid out of the cabbage leaves, the liquid level should rise to cover the plate.

IMPORTANT

There must be at least 1 inch of the liquid/brine covering the weights. If there is not enough liquid, pour some boiled and cooled salt water (make it at a concentration of about 1 tbsp per 2 cups of water) into the crock so that the stones are submerged.

7. Place the lid securely onto the crock and fill the water trough at the lid. This creates an incredible airtight seal that allows the lactic acid to work to its maximum capacity without the formation of undesirable film-forming yeast.

IMPORTANT

Do not allow the water in the trough to dry out. Do not open the crock (and break the water seal which keeps dust, molds or other undesirables out) until the fermenting process is complete.

Sauerkraut is safe to eat at every stage along the way, so there is no real minimum or maximum fermentation time. But a rule of thumb for the highest quality fermentation in bigger batches is 15-20 days. For a smaller batch, the minimum time is usually 3-8 days, though the kraut will continue to ferment and become tastier for many days after that.

- For the first 2-3 days, just leave the crock at room temperature (about 68-72° F). During this time, you may begin to notice a barely audible gurgling or bubbling sound... fermentation is moving right along. If it is more than 75 degrees, it will go soft and mushy. For best results, check it daily and add water to the seal, if needed.
 - Day 4, move the crock into a cool place in your home or heated garage, somewhere that stays between about 64°-68° F. 65° is ideal. Less than 60 degrees, it may not ferment at all. I put ours on the floor near an outside (North) wall in our back hall where it is cool. I keep a little thermometer there.
 - Be sure to monitor the level of the water seal as it may evaporate during this time. Take care to add water as needed so that the seal remains intact.
- 8.** Lastly, just spoon your wonderful finished fermented sauerkraut (aka: the original probiotic) into clean jars with tight-fitting lids. Pack them tightly so the juices rise and the air pockets are out. This is my favorite part as I see the many filled jars! FYI, the finished fermented sauerkraut can be kept at cellar temperature (around 55°F) for months, though those of us without cellars must make do with storing the kraut on an enclosed back porch, a unheated garage, or in the refrigerator.

ONE YEAR LIMITED WARRANTY

Lehman Hardware and Appliances, doing business as "Lehman's", warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. Lehman's, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period.

Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than Lehman's. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes, or breakage.

WHAT ARE THE LIMITS ON LEHMAN'S LIABILITY?

Lehman's shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition.

Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty.

Lehman's disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

Lehman's shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from jurisdiction to jurisdiction.

HOW TO OBTAIN WARRANTY SERVICE

Contact Lehman's at one of the following:

By email, info@lehmans.com

By phone, 800-438-5346 or 330-857-5757

By mail: Lehman's, 289 N Kurzen Road, Dalton, OH, 44636 (USA)

ORDER NOW! » LEHMANS.COM » 800.438.5346

WE STAND FOR A SIMPLER LIFE



A SIMPLER LIFE is Satisfying

*Champion a lively,
active engaging lifestyle.*

A SIMPLER LIFE is Understandable

*Choose products that are
uncomplicated and truthful.*



A SIMPLER LIFE is Sustainable

*Change from relying on technology
to people-powered tools.*



A SIMPLER LIFE is Comforting

*Cherish relationships
with kin and community.*



LEHMAN'S[®]

FOR A SIMPLER LIFE

LEHMANS.COM
800.438.5346