



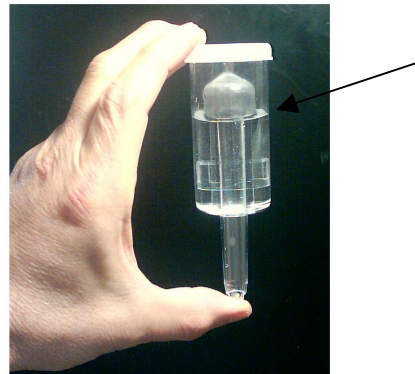
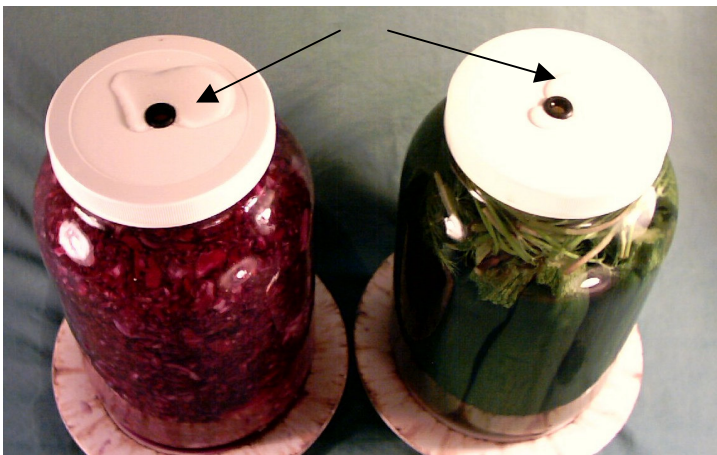
Pickle and Sauer Kraut Maker Kit Contents



Jars must always be filled right to the bottom of the neck.



Insert the small cap upside down and level with the jar top. Fill the small cap and jar with water to the very top. The purpose of this cap is to hold all of the food under water.



Remove the small plug from the grommet and screw the cap onto the jar. Water or brine must come out of the grommet. If not then take the cap off and add more water or brine to the jar until it does. Fill the air lock with pure water to the line on the outside cylinder.



Insert the water filled airlock into the cap grommet until the top of the tapered end is flush with the top of the grommet. Place the whole jar into a bowl, dish or tray to capture any brine that may come out during fermentation. Let the jar sit for 4 days at a temperature of between 60 and 70 degrees. Brine and bubbles will stop coming out when it is finished. After 4 days remove the airlock and insert the small black plug into the grommet. Then put the jar into the refrigerator. Otherwise transfer the jar contents to other suitable sealed containers. The contents should last for months when refrigerated.

Pickle Maker Instructions

Sour Kraut

1. To make sour kraut from red or green cabbage will require about 5 medium cabbages that are very heavy for their size.
2. Grate the cabbage, and the finer the better. I like using a food processor.
4. Mix 3 tbs. of celtic sea salt into the cabbage. Other spices of your choice can be used but are not necessary.
5. Little by little add cabbage to the jar smashing it in and compressing it as you go with either your hand or a piece of wood. If the cabbage is good no water will need to be added. It will make it's own brine. If not add spring water or distilled water as you go, just enough to keep the cabbage covered. Do not leave any air spaces in the cabbage Fill the jar right up to the bottom of the neck so the small cap can hold the cabbage down underwater properly
6. The small cap must be upside down and level with the top of the jar. Fill the jar and small cap to very top with water.
7. Take the small black plug out of the grommet on the large cap. Don't loose this plug as it will be used later. Screw the large cap onto the jar. A small amount water should come out of the grommet hole and if not take the cap off and refill with water until it does. The object is not to have any air in the jar.
8. Fill the air lock with pure water to the line on the outside cylinder. Put the cap on the airlock.
9. Push the airlock into the cap grommet until the tapered end is flush with the top of the grommet.
10. Set the whole jar in a bowl or a tray to capture brine that may come out.
11. Let it sit for 4 days at a temperature of between 60 to 70 degrees.
12. After 4 days remove the airlock and replace it with the small black plug to seal the jar for refrigeration.
13. The contents should last for months in the refrigerator.

Other Pickles

1. To make pickles other than sour kraut fill the jar to the bottom of the neck with your choice of produce.
2. Dissolve 3 tbs of celtic sea salt into 2 cups of spring or distilled water and pour this salt water into the jar.
3. Fill the jar almost to the top with water.
4. Put the small cap upside down in the jar so it's level with the jar top. Fill the jar and cap up to the very top with water.
5. Take the small black plug out of the grommet on the large cap. Don't loose this plug as it will be used later. Screw the large cap onto the jar. A small amount water should come out of the grommet hole and if not take the cap off and refill with water until it does. The object is not to have any air in the jar.
7. Fill the air lock with pure water to the line on the outside cylinder. Put the cap on the airlock
8. Push the airlock into the cap grommet until the tapered end is flush with the top of the grommet.
9. Set the whole jar in a bowl or a tray to capture brine that may come out.
10. Let it sit for 4 days at a temperature of between 60 to 70 degrees.
11. After 4 days remove the airlock and replace it with the small black plug to seal the jar for refrigeration.
12. The contents should last for months in the refrigerator.