

inside the crock. Use a weight to hold the plate down and keep the cucumbers under the brine. A glass jar filled with water makes a good weight. Cover crock loosely with a clean cloth.

Keep cucumbers at room temperature. Remove any scum which forms on the surface of the brine daily. Scum may start forming in 3 to 5 days. Make sure that cucumbers are covered by brine. If necessary, make additional brine, using proportions specified in the recipe. Do not stir cucumbers.

After 3 weeks, fermentation should be complete. The pickles will have an olive-green color and desirable flavor. The brine will be cloudy as a result of yeast development during the fermentation period.

Strain brine through several layers of cheesecloth. Heat to boiling.

Pack pickles loosely along with some of the dill into clean, hot quart jars to $\frac{1}{2}$ inch from top. **Avoid too tight a pack.** If desired, add 1 or 2 cloves of garlic to each jar. Cover with boiling-hot brine, leaving $\frac{1}{2}$ -inch headspace. Adjust lids. Process 15 minutes in a simmering water bath.

SAUERKRAUT

Yield: 16 to 18 quarts

About 50 lbs. cabbage

1 lb. 2 oz. pure salt (about $1\frac{1}{4}$ cups pure granulated salt or about 3 cups pure flake salt or about $3\frac{1}{2}$ cups Kosher salt)



Remove outer leaves from firm, mature heads of cabbage. Wash and drain. Cut heads into quarters and remove cores. Using a shredder or sharp knife, cut cabbage into fine shreds about the thickness of a dime.

In a large container, thoroughly mix 3 tablespoons pure granulated salt (or 5 tablespoons pure flake salt or 6 tablespoons Kosher salt) with 5 pounds shredded cabbage. Use household scales to weigh the cabbage. Let the salted cabbage stand a few minutes to wilt slightly. This allows packing without excessive breaking or bruising of the shreds.

Pack the salted cabbage firmly and evenly into a large crock or other suitable container. Using a wooden spoon or your hands, press down until the juice comes to the surface. Repeat the shredding, salting, and packing until

the crock is filled to 3 or 4 inches from the top.

Place a plastic bag filled with water on top of the cabbage. The water-filled bag seals the surface from exposure to air and prevents the growth of yeasts or molds. It also serves as a weight. Use a heavy plastic bag that is intended for use with foods. For extra protection, put the bag filled with water inside another food-grade plastic bag. Adjust the amount of water in the bag to give just enough pressure to keep the fermenting cabbage covered with juice. Formation of gas bubbles indicates fermentation is taking place. A room temperature of 68° to 72° F. is best for fermenting cabbage. Fermentation should be complete in 3 to 4 weeks. At somewhat cooler temperatures, fermentation may take 5 to 6 weeks. Above 80° to 85° F., abnormal fermentations may occur.

When fermentation is complete, heat sauerkraut and juice to simmering, stirring frequently. Do not boil. Pack hot sauerkraut into clean, hot jars and cover with hot juice to $\frac{1}{2}$ inch from top. Adjust lids. Process in a simmering water bath—pints for 15 minutes, quarts for 20 minutes.

Guidelines for Making Jams and Jellies

To make jams and jellies, follow the recipes that come with powdered or liquid pectin. Measure ingredients carefully. Fruit, sugar, pectin, and acid (usually supplied entirely by the fruit) must be present in the right amounts for jam or jelly to gel.

Don't assume that the market quantity of fruit needed (for example, 1

quart of berries) will yield the exact amount of prepared fruit that the recipe uses (for example, 2 cups of crushed berries). Measure the prepared fruit.

Sugar Is Preservative

Use either beet or cane sugar. Do not reduce the amount of sugar that the recipe calls for. Sugar does more than give a sweet flavor to jams and jellies. At the high concentrations used, it acts as a preservative and helps in gel formation. If you use less, you'll end up with a runny or syrupy product.

Although powdered or liquid pectin can be used with equal success, they are not interchangeable. Powdered pectin is mixed with the un-

heated fruit; liquid pectin is added to the cooked fruit and sugar mixture. Store pectin in a cool, dry place so that it keeps its gel strength. It should not be held over from one year to the next.

For cooking jam or jelly, use a large (about 8-quart), heavy kettle with a broad, flat bottom. Make only one batch at a time so that the jam or jelly can be heated rapidly to boiling. The boiling time is the same with either powdered or liquid pectin—1 minute at a full rolling boil that cannot be stirred down. Accurate timing is important.

Before you start making the jam or jelly, get jars ready. Wash and rinse them. **Sterilize them in boiling water.** Stand the empty jars upright on a

