

Emma's Sauerkraut

Traditionally in German, this form of pickled cabbage was used in many ways. It could just be heated and served as a vegetable, or cooked with meat (preferably pork or pork sausage.) Cooked in its natural brine, it could be so — sharp” that it made your jaws ache. Rinsed and drained, or with a grated potato or apple added during the cooking, it tasted better to some of us. Each cook had her own way with it, and that’s probably still the case. Here’s a good starter:



This is a true Bavarian style Sauerkraut

Ingredients:

1 Fresh or Jarred sauerkraut. (approx. 4 cups) 1

Cup Applesauce or 1 cup apples peeled and grated

about 4 oz of bacon (approx. 4 slices of bacon)

1 tsp caraway seed

1 medium diced white onion. (about 1 cup)



We like to rinse the sauerkraut. I have found that the brine condenses as it bakes and makes it too sharp tasting.



Fry the bacon in a skillet on medium heat.

I like to cut the bacon frozen or partially frozen, it cuts better.
As you can guess I just cut from the whole pound of frozen
bacon that is stacked. 5 cuts was plenty



when the bacon sweats turn it off.



Add the onions, caraway, cooked bacon (with or without the fat) to the kraut and the applesauce.



**Add the Sausages, cover and bake for 1 hour.
You can also microwave this for about 15 minutes in 5
minute intervals.**



If you are going to microwave the kraut then saute the onions with the bacon a bit. This will make sure your onions get fully cooked.