

Sauerkraut & Braised Pork Shank



INGREDIENTS

For the Sauerkraut:

- 4 lbs sliced cabbage
- 1Tbl caraway seeds
- 1 tsp juniper
- 2 Tbl kosher salt
- 1 Jonathan or other firm cooking apple

DIRECTIONS

For the Sauerkraut:

Toss the salt with the cabbage and squeeze handfuls of it until you have crushed the cabbage and the salt is integrated. Cut the apple into matchsticks and add caraway and juniper to cabbage. Place in a non reactive container. Place a plate or some other lid that fits snugly inside your container over the cabbage mixture and weight it with a glass jug full of water. Cover the entire container with layers of cheese cloth or kitchen towel to keep out flies and dust. Tie a string around the cloth to hold it in place. Place in a cool area.

Every few hours, press the weight down until the brine rises above your plate. This can take 24 hours. If you dont have enough water after a day, add a 1/4 tsp of salt to a cup of distilled water and add to cabbage mixture. Check every 3 days, mold will grow on the water, this is ok. Skim the mold and rinse the plate and the weight and replace. After a few weeks, your kraut will start to taste tangy. As time passes, because of evaporation, you may need to add more saltwater. You can eat it as it ferments. The flavor just becomes stronger. You decide when to stop the process (at the flavor you appreciate) and refrigerate it. Eventually it will become soft and the flavor unpleasant. At that point, discard.

For the Braised Pork Shank:

- 2 pork shanks
- piece of uncured pork belly
- one medium onion, chopped
- 2 medium carrots, chopped
- 2 medium celery stalks, chopped
- 2 garlic cloves, minced

For the Braised Pork Shank:

In a cast iron dutch oven, brown the shanks and belly, then remove. Add vegetables and garlic.

Soften those, and return shanks and belly to Dutch oven, cover with homemade pork stock or a good store bought beef broth. Cover, cook over low heat for 1 1/2 hours. Add 1 pound small waxy potatoes, cook for an hour or until meat is tender and potatoes are done.

specialty of:
Executive Chef & Owner
Jonathan Justus
Justus Drugstore Restaurant

The John Wornall House
6115 Wornall Road
Kansas City, MO 64114
(816) 444-1858
www.wornallhouse.org

Cornbread & Joe Frogger Molasses Cookie



INGREDIENTS

For the Cornbread:

1 cup flour
1 cup coarse corn meal
1 cup milk
2 beaten eggs
¼ cup oil (canola)
6 tablespoons sugar
1 teaspoon salt
3 teaspoons baking powder

For the Joe Frogger Molasses Cookie:

1 cup oil (canola)
2 cups sugar
½ cup dark molasses
2 eggs
4 teaspoons baking soda
4 cups flour
1 teaspoon cloves
1 teaspoon ginger
2 teaspoons cinnamon
1 teaspoon salt

DIRECTIONS

For the Cornbread:

Pre-heat dutch oven for 15 minutes.

Mix all ingredient in a large bowl.

With hot coals on top and bottom of dutch oven, bake for 20 minutes.

For the Joe Frogger Molasses Cookie:

Pre-heat dutch oven for 15 minutes.

Mix first 4 ingredients in a large bowl. Then mix in remaining 6 ingredients. Form dough into a balls and roll in granulated sugar. Flatten out dough in a disc and bake for 8-10 minutes with coals on top and bottom of dutch oven.

specialty of:
Helen Miller,
Museum Open Hearth Cook

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