



grounded
HEALTH & WELLNESS

Quick Pickled Purple Cabbage

Adapted from here + here

Prep time: 10-15 minutes

Ingredients

½ small/medium purple cabbage
1 cup water
½ cup apple cider vinegar
½ cup red wine vinegar
2 tsp sugar (muscovado, coconut or brown sugar are good options)
2 garlic cloves, smashed
2 bay leaves (optional, but tasty)
2 tsp caraway seeds (optional)
1 tsp salt
Black pepper, to taste (optional)
One large glass jar & lid (32 oz/1 quart)

Directions

Slice cabbage in half (put away one half for another recipe). Slice the cabbage in half again and cut off the woody core. Using a very sharp knife or mandolin slicer, slice the cabbage very fine. Stuff the cabbage into the glass jar, leaving a bit of room at the top.

Pour water, vinegars and sugar into a bowl and whisk together until the sugar is mostly dissolved. Stir in the smashed garlic, bay leaves & caraway (if using) as well as the salt and pepper to taste. Add the mixture to the jar, pushing down the garlic and bay leaves so they are immersed in the liquid.

Seal the jar and allow it to sit on the counter for 3-4 hours. Shake it, then place it in the fridge until chilled before serving. Best served at least 1 day after making. Keeps for 2-3 weeks in the fridge.