

## Pickled Cabbage



### Ingredients:

- 2 medium size red cabbage (about 6 lbs.)
- 1/4 c. sugar
- 2 Tbsp. mixed pickling spice
- 6 Tbsp. coarse (kosher) salt
- 1 tsp. whole black peppercorns
- 1 qt. malt vinegar

### Method

1. Shred the cabbage in 1/8-inch-thick strips.
2. In a large stainless steel or enameled bowl, arrange cabbage in 3 layers, sprinkling 2 tablespoons salt evenly on each layer.
3. Let stand in a cool place for 2 days, stirring it thoroughly several times each day.
4. On the third day, combine malt vinegar, sugar, pickling spice, and peppercorns in a 3-quart saucepan.
5. Bring to a boil over high heat, stirring until the dissolves.
6. Boil briskly, uncovered, for 5 minutes, then remove from heat and cool to room temperature.
7. Drain cabbage in a colander, squeezing it as dry as possible; Strain the mixture over it, moistening it thoroughly.
8. Cover. Refrigerate. Marinate for 3 days, stirring occasionally.
9. Makes about 4 pints.

*Courtesy of member Nancy Jean Mose, House of Lancaster Cookery Book, 1986*