

## PICKLED RED CABBAGE

Shred your cabbage and layer it in a glass or stainless steel bowl, salting between layers. Weigh it all down with a plate and leave for 24 hours before rinsing well and drying as much as possible with paper towels.

Make sure you have enough vinegar to cover the amount of cabbage you have. It can be plain white vinegar, malt vinegar, flavoured vinegar, apple cider vinegar and you can add whole spices like peppercorns, cinnamon sticks, cloves, allspice - whatever takes your fancy. Bring the vinegar and spices to boil, simmer for 15 minutes, then cover and allow to steep overnight.

The next day strain your vinegar, pack the shredded cabbage into clean jars, cover with the vinegar and seal.

Leave it for at least a week or two before eating. There - couldn't be much easier really!