

QUICK CABBAGE SALAD

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Ingredients:

3 to 4 pounds shredded cabbage (use the 2 mm or 4 mm blade on a food processor depending on personal preference) NOTE: cole slaw mixture (cabbage and carrots) from a food market can be used.

Optional: 2 onions, yellow or red, cut in half and sliced thin (use the 2 mm or 4 mm blade on a food processor)

Optional: 1 green or red pepper or a mixture of the two, chopped

Optional: 2 or 3 carrots shredded

Kosher salt (or other coarse salt)

2 cups white vinegar

Up to 1 cup granulated sugar

Optional: Celery seed

Procedure:

Shred cabbage and onions, as above, place in a large bowl or crock and salt the mixture in layers. Allow it to sit for about 30 minutes, then squeeze the liquid from the mixture. Rinse to remove excess salt.

Place in a large bowl, stoneware crock, or pot (enameled preferred), add the chopped pepper.

In a bowl, mix:

2 cups white vinegar

2 cups water

Up to 1 cup sugar (white, granulated) to taste. (Use less sugar and then adjust to desired sweetness)

1 Tbs. Celery seed

Warm the liquid mixture, stirring to dissolve the sugar. Remove from heat and allow to cool.

Pour the liquid over the cabbage mixture. Stir well.

Taste for salt and/or additional sugar.

Depending on the degree of crispness desired, let the mixture stand from one hour up to 24 hours. Then place in jars, cover with its liquid and seal. Store the cabbage salad in the refrigerator.