

Pickled Red Cabbage

Ingredients

Red cabbages, salt and water; to each quart of vinegar, 1/2 oz. of ginger well bruised, 1 oz. of whole black pepper, and, when liked, a little cayenne.

Method

Take off the outside decayed leaves of a nice red cabbage, cut it in quarters, remove the stalks, and cut it across in very thin slices. Lay these on a dish, and strew them plentifully with salt, covering them with another dish. Let them remain for 24 hours, turn into a colander to drain, and, if necessary, wipe lightly with a clean soft cloth. Put them in a jar; boil up the vinegar with spices in the above proportion, and, when cold, pour it over the cabbage. It will be fit for use in a week or two, and, if kept for a very long time, the cabbage is liable get soft and to discolour. To be really nice and crisp, and of a good red colour, it should be eaten almost immediately after it is made. A little bruised cochineal boiled with the vinegar adds much to the appearance of this pickle. Tie down with bladder, and keep in a dry place.

Source: Mrs Beeton's Book of Household Management (1861)

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