



It's March. You know what's coming right?  
Yep. St. Patrick's Day.  
Corned beef and cabbage.

It is cabbage season so it is appropriate to preserve the season's harvest. I don't know about you, but I have enough sauerkraut, but a beautiful red, Spicy **Red Cabbage** will round things out for me.

This eastern European pickle has many uses. It is great as a side dish, warmed, and served with sausages, maybe some German potato salad, too. Can you say Rubeen sandwich? Picture this with pastrami or corned beef on good rye bread. Don't forget your homemade mustard! Add it to a bean salad. It is also good as a condiment in a nice bowl of lentil soup or a curry dish.

It does not take as long to make as sauerkraut, but it is still a 2 day process, so make some space and some time. You will not be disappointed.

## Spicy Red Cabbage

Yield: about 5 quarts or 10 pints

Source: *Ball Complete Book of Home Preserving*

- 12 lbs of red cabbage(3-4heads), cored and shredded
- ½ cup canning or pickling salt
- ¼ cup whole cloves
- ¼ cup whole allspice
- ¼ cup whole peppercorns
- ¼ cup celery seed
- 2 cinnamon sticks, each about 4 inches and broken into pieces.
- 8 cups of red wine vinegar (5% acidity)
- 1 cup light brown sugar
- ½ cup mustard seed
- ¼ cup mace or nutmeg

## Day 1

In a large crock, glass or stainless steel bowl, layer cabbage and salt. Cover and let stand in a cool place for 24 hours

## Day 2

Transfer cabbage to a colander placed over the sink and drain. Rinse with cool running water. Drain thoroughly on trays lined with paper towel, about 6 hours.

Prepare canner, jars and lids.

Tie cloves, allspice, peppercorns, celery seeds and cinnamon stick pieces in a square of cheesecloth. Creating a spice bag.

In a large stainless steel saucepan, combine vinegar, brown sugar, mustard seeds, mace (or nutmeg) and the spice bag. Bring to a boil over medium-high heat, stirring to dissolve sugar. Reduce heat and boil gently for 5 minutes, until spices have infused the liquid. Discard spice bag.

Pack the cabbage into hot jars to within a generous ½ inch. Ladle hot pickling liquid into jars to cover the cabbage, leaving ½ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding more liquid. Wipe jar rims clean with a damp cloth. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.

Place jars in canner, ensuring they are completely covered with at least 1 inch of water. Bring to a boil and process for 20 minutes. Adjust for elevation, if needed. Remove canner lid. Wait 5 minutes, then remove jars, cool, clean jars thoroughly, label, and store in a cool dark place.



*Photo courtesy of The Kitchen.com*

## Tips:

To prepare cabbage heads, remove outer leaves. Core and then shred using a knife or mandolin.

When packing cabbage into jars, pack tightly, but not too tightly. Leave room for the pickling liquid, since that is where the flavor comes from.