



I do seem to have an issue with buying too much Red Cabbage. We use it to add colour to all sorts of dishes ? Fried, Boiled, Coleslaw etc. But this one was well and truly dead in the bottom of the fridge. But that?s actually a good thing for Lacto-Fermenting. Interestingly the red pigments in Red Cabbage are PH sensitive, so I?ll be able to see how the pickling process is progressing by the colour change. Cool !

Ingredients:-

1l and hot water.

4 Heaped table spoons on Salt (I used ground pink Himalayan Salt as it doesn?t have anti-caking agents in it.) You are looking for a 2 to 3% brine solution.

Chopped Red Cabbage.

Time.

Method:-

- (1) Make you brine by dissolving the Salt in hot water.
- (2) Allow the brine to cool to room temperature.
- (3) Force as much chopped Red Cabbage as you can make fit into a clip to jar.
- (4) Us a ramekin to make sure the Cabbage is fully immersed.
- (5) Pop in the cupboard and forget about it for 3 weeks or more.

Once the Lacto-Fermentation is complete these pickles will live quietly in your cupboard for months, if not years. But that unlikely here!