

## Bavarian salad

Mixed red and white cabbage will give a very colourful result, and crispy fried bacon adds texture

**SALAD** Serves 4

**Overall timing** 30 minutes

**Equipment** Frying pan, salad bowl

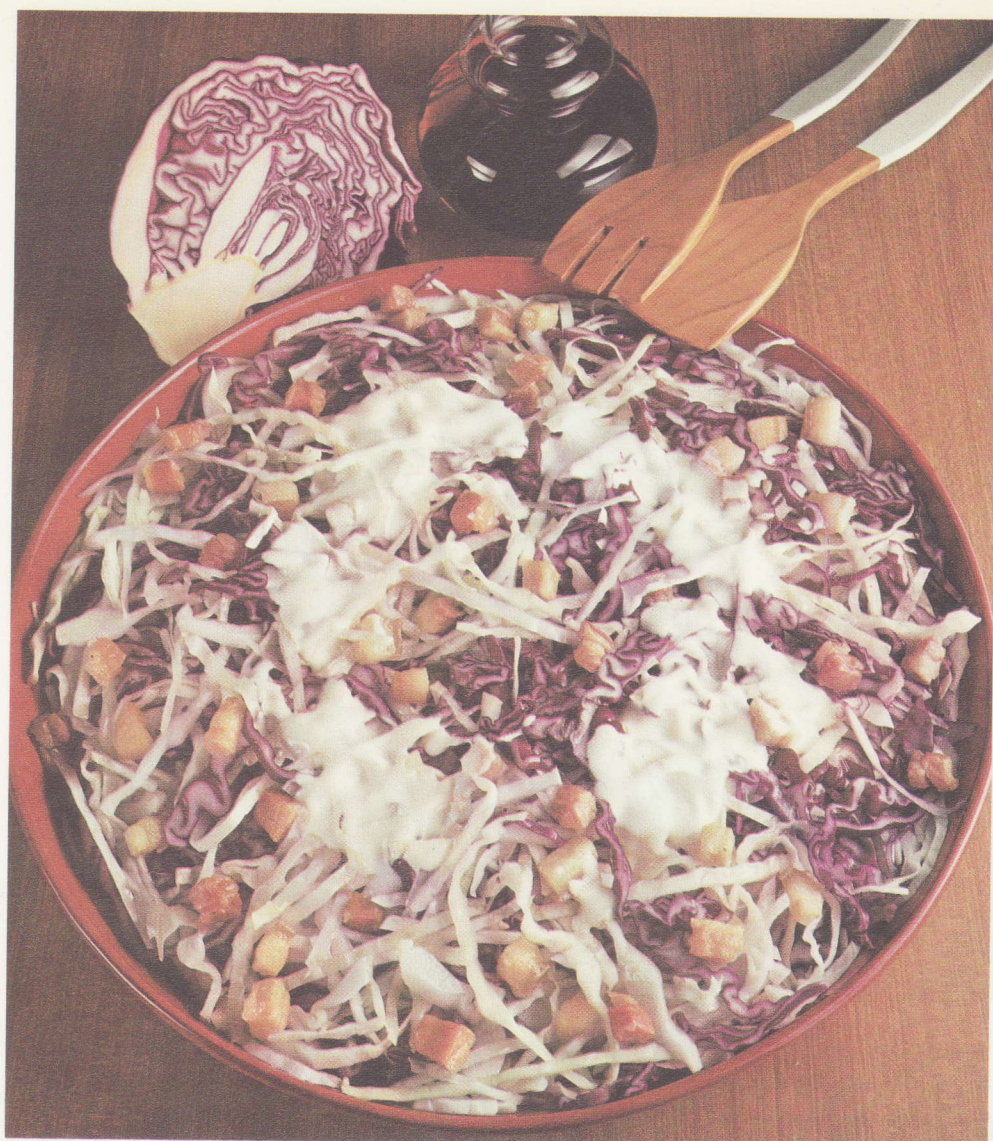
**Freezing** Not recommended

### INGREDIENTS

4oz	Piece of lean bacon	125g
1½lb	Red and/or white cabbage	600g
¼ tsp	Salt	1.25ml
¼ tsp	Brown sugar	1.25ml
1 tbsp	Vinegar	15ml
2 tbsp	Soured cream	2×15ml

### METHOD

- 1 Chop bacon into thick, small pieces. Cook over a medium heat in a frying pan so fat runs and bacon becomes crisp.
- 2 Meanwhile, remove core and tough outer leaves from the cabbage. Wash, then cut up and finely shred.
- 3 Place cabbage in salad bowl, sprinkle over salt and sugar. Add vinegar then bacon and cooking fat. Toss well, spoon cream over and serve immediately.



Above: Bavarian salad – finely shredded raw cabbage and crisp bacon pieces

## Pickled red and white cabbage

Eat up these spicy pickles within four weeks or they will lose their crispness and colour

**PRESERVE** Makes 2 large jars

**Overall timing** 45 minutes plus overnight marination

**Equipment** Large bowl, large saucepan, 2×1½ pint (1 litre) jars

**Freezing** Not recommended

### INGREDIENTS

2	Cabbage hearts	2
4 tbsp	Sea-salt	4×15ml
1½ pints	Wine vinegar	1 litre
2 tbsp	Sugar	2×15ml
¼oz	Each of cloves, mustard seed, root ginger	1.25g
1oz	Peppercorns	25g

### METHOD

- 1 Remove outer leaves of cabbage – only the heart will make a good pickle. Wash cabbage, then slice and roughly chop red or, if using white, shred it.
- 2 Place a layer of cabbage in the bottom of a large bowl. Sprinkle with 1 tbsp (15ml) salt. Add 3 more layers of cabbage and salt and leave bowl in fridge overnight.
- 3 Next day, boil vinegar, sugar, cloves, mustard seed, bruised ginger and peppercorns, stirring till sugar has dissolved. Cook for 5 minutes, uncovered, over a high heat. Cool.
- 4 Wash cabbage well to remove salt. Drain and pack cabbage into jars. Pour cooled, strained vinegar mixture over, adding a few of the pickling spices to each jar. Cover and keep in a cool place for at least 3 days.

Below: Pickled red and white cabbage

