

Pickled Cabbage and Beetroot

Ingredients

3 tbsp salt
50g golden caster sugar
100ml raw apple cider vinegar
1 small pointed cabbage
4 fat garlic cloves
200g beetroot, peeled and thinly slice

Method

1. To make the cabbage and beetroot pickle, sterilise a 1 litre/1¾ pints jar with a cliptop lid. Pour just under 1 litre/1¾ pint warm water into a jug with the salt and sugar, stirring to dissolve completely. Stir in the vinegar and set aside.
2. Meanwhile, core the cabbage (don't throw the core away: you can chop it up and use it or just eat it as a snack), then cut the cabbage in half and then into 10cm/4in squares – these will be your 'petals' ('pelustka' is the Ukranian name for this pickle, meaning petals).
3. Put the garlic in the base of the sterilised jar, add a third of the beetroot, then a third of the cabbage, and keep alternating these two layers until all the beetroot and cabbage is used up. Pour over the warm brine, let it cool to room temperature and then close the lid. leave somewhere warm and dark for 1–2 weeks, depending on the temperature. Open the lid every other day to let the gases out. When it becomes fizzy, move it somewhere cooler: a cellar is ideal, but the fridge will do. This pickle will keep for 2 months in the fridge – long enough to last you through the winter, for sure – and will stay sweet, sour and crunchy.

To Sterilise Jars

Set oven to 160C fan. Wash jar with warm soapy water and rinse. Put jars still wet into the oven for 10 minutes. Simmer rubber seals in water at 82C for 10 minutes. Turn the heat off, cover and leave to cool until you need them.