



Red Cabbage & Beetroot Pickle



Ingredients Directions

200g beetroot, peeled and
grated

500g red cabbage, sliced

Finely grated zest of 2
oranges

10g cumin seeds, toasted
and crushed

700ml cider vinegar

20g coriander seeds, toasted

20g fennel seeds, toasted

10g black peppercorns

20g salt

1 dried red chilli (optional)

1. First, prepare the pickling liquid. Put all the ingredients into a saucepan, pour on 200ml water and slowly bring to the boil. Remove from the heat and set aside to infuse for an hour.

2. Meanwhile, put the beetroot, red cabbage, orange zest and spices into a bowl and toss to mix.

3. Bring the infused pickling liquor back to the boil, then pour it through a sieve straight over the veg mix. Stir to combine.

4. Enjoy as soon as it cools, but best sealed in a jar and left for one to two weeks. Keeps for 6 months, refrigerate when opened. should be packed into a sterilised 1.5L jar is used for this amount,

Tip:

Use any vegetables you have, carrots brussels, cauliflower, get creative! Use in salads, sandwiches or perfect with cheese. Enjoy any time of the year, not just for christmas.

