



## UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: [edmfp@ucanr.edu](mailto:edmfp@ucanr.edu) • Visit us on Facebook!



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.

March 14, 2017



## UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: [edmfp@ucanr.edu](mailto:edmfp@ucanr.edu) • Visit us on Facebook!

### 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. Leave in colander for 1 hour to drain then place on trays lined with paper towels to dry, about 6 hours.





## UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: [edmfp@ucanr.edu](mailto:edmfp@ucanr.edu) • Visit us on Facebook!

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.

*Tip: Half a batch yields about 6 pints. Each pint takes about 1 cup of brine. You might need to make extra!*

Pack the cabbage into hot jars to within a generous  $\frac{1}{2}$  inch. Ladle hot pickling liquid into jars to cover the cabbage, leaving  $\frac{1}{2}$  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.

*Tip: Pack firmly into jars, but not too firmly. The brine needs to penetrate to the bottom and into the center of the jar.*

This is a cold pack. The photo on the left is without brine and the photo on the right is after the brine is added. Look at the color change. Beautiful!



Place jars in canner. 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.