

# **FERMENTED COLESLAW SALAD**



## **Ingredients:**

- 1 white cabbage
- 400 g (14 oz) carrots
- 400 g (14 oz) celery
- 2 apples
- 1 red onion
- 1 tsp mustard seeds
- 1 tsp black peppercorns
- About 15 g (3 tsp) salt

## **Fermented coleslaw preparation**

Remove the first damaged or dirty leaves from the cabbage until the beautiful leaves are intact. Cut the cabbage in 4 and remove the central core. Chop the cabbage very finely. Peel and grate the carrot on a large grater. Do the same with the celery. Core the apple and cut it into thin strips. Peel and chop the onion.

Weigh the vegetables (you get about 1.5 kg) and prepare 1% salt. Combine the vegetables, apple,

spices and salt in a large bowl. Leave to rest for 15 minutes. Mix again by squeezing everything with your hands to release the juices. You must have wet hands.

Fill the fermenter with the vegetables (and juice), pressing down each layer. The juice should rise up and submerge the vegetables. Fill to the top line of the jar. Place the weight, spring and cover. Close tightly.

Leave for 7 days at room temperature, then ideally put in a cool room. Fermented coleslaw can be consumed after 10 days, but much better after 1 month. Can be stored for years.

See more fermented vegetables recipes [here](#).

Recipe by **Marie-Claire Frédéric**, [nicrunicuit.com](http://nicrunicuit.com).

**Products used to prepare this recipe:**



**[Sea Salt](#)**

[Buy on Kefirko.com](http://Kefirko.com)



## **Veggie Fermenter**

[Buy on Kefirko.com](https://kefirko.com)



## **Mandoline Slicer**

[Buy on Kefirko.com](http://Kefirko.com)