



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Cabbage Pickle

Lahana Turşusu



1 cabbage, medium size, with thick stems  
1 garlic bulb  
1 apple, small size  
1 tbsp granulated sugar  
3 tbsp rock salt  
1 cup vinegar  
Water  
1 handful chickpea

- # Wash the cabbage, chop thickly.
- # Place the apple on the floor of the 2 litre sized jar.
- # Place the chopped cabbages on them, put chickpeas and pounded garlic between them.
- # After filling all the ingredients firmly, add 1 cup vinegar and fill the space with water.
- # Pour the mixture of the vinegar and water in the jar to a deep bowl, and add salt, sugar and lemon juice in it and mix properly.
- # Fill the mixture into the jar again. Cover the lid tightly.
- # Place in a cool and dark place, and serve about 7-10 days later.

Note: For waiting less to serve, you can boil the cabbages for a while and prepare the pickle by the same method.