



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

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.