

Cabbage salad *(Appetizers)*



Preparation

Crush the juniper berries in a mortar. Shred the cabbage finely. Stir the salt and juniper berries into the cabbage, and then pummel them all together with your hands for about 5 minutes so as to incorporate the two spices, until it looks like in the picture. Put all the mixture in a vegetable press and let it stand under pressure for at least 30 minutes then remove the excess water. The minimum time you should leave it is at least 6 hours, but if you can afford to leave it for longer, you will have a seasoned salad that can be consumed for up to 20 days.

Tips

If you keep this salad refrigerated it will last longer because the cold will block fermentation. On the other hand, if it is not kept in the fridge, it should be consumed within two or three days.

Trivia

If you do not have a vegetable press you can use two containers, filling the upper one with water so as to exert a good downward pressure on the vegetables.

Information

Preparation 360 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Cabbage 1000 grams

Juniper berries 3 units

Sea salt 10 grams