

# Quick Pickled Red Cabbage

Prep: 8 minutes • Cook: 2 minutes

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*Crisp red cabbage bathed in a tangy vinegar brine with a subtle lift from mustard seed, bay leaf, and black pepper. A vibrant, crunchy condiment that brightens tacos, falafel, sandwiches, salads, and more.*

## Ingredients

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- 4 cups red cabbage (shredded)
- 1 cup water
- 2 tablespoons granulated sugar
- 2 1/2 teaspoons fine sea salt
- 3 bay leaves (dried, optional)
- 1 teaspoon mustard seeds (optional)
- 1/4 teaspoon black pepper
- 1 cup white distilled vinegar

## Instructions

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1. Pack 4 cups shredded red cabbage into a clean, heatproof glass jar (about 1 L/32 fl oz capacity).
2. In a small pot, combine 1 cup water, 2 tablespoons granulated sugar, 2 1/2 teaspoons fine sea salt, 3 dried bay leaves (optional), 1 teaspoon mustard seeds (optional), and 1/4 teaspoon black pepper. Bring to a gentle simmer over low heat, stirring until the sugar and salt dissolve, about 2 minutes.
3. Carefully pour the hot brine into the jar over the cabbage.
4. Add 1 cup white distilled vinegar, close the lid, and shake to mix.
5. Let cool at room temperature for 30 minutes, then refrigerate. Enjoy once the brine turns pink and the cabbage has softened; flavor improves after an overnight rest.

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**Tags: Vegan, Gluten Free, Quick, Condiment, Pickles, Mediterranean**

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