

Surowskaz Kiszzonej Kapusty

(Sauerkraut Salad with Carrots and Apples)

Ingredients

- 1/4 cup vegetable oil
- 1 lb fresh sauerkraut
- 1 tsp caraway seeds
- 1 medium sized tart apple peeled and diced int 1/2" pieces
- 1 tsp sugar
- 2 carrots coarsely grated
- 1/2 tsp salt

Instructions

1. In a large serving bowl, combine the vegetable oil, caraway seeds, sugar and salt. Beat

briskly with a fork or spoon until the sugar and salt are completely dissolved.

2. Drain the sauerkraut, wash it thoroughly under cold running water, and let it soak in a bowl of cold water for 10 to 20 minutes, depending upon its acidity. A handful at a time, squeeze the sauerkraut until it is dry, then chop it as fine as possible.
3. Add the sauerkraut, apples and carrots to the oil mixture and toss then together lightly but thoroughly with a fork. Taste for seasoning and refrigerate until ready to serve.