

Surowskaz Kiszzonej Kapusty

(Sauerkraut Salad with Carrots and Apples)

From: Calasactius Cook Book Piarist Ball

Ingredients

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

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.