

Surówka Kiszzonej Kapusty (Sauerkraut salad with carrots and apples)

¼ cup vegetable oil
1 tsp. Caraway seeds
1 tsp. Sugar

½ tsp. Salt
1 pound fresh sauerkraut
2 carrots, scraped and coarsely
grated (approx. 1 cup)

1 medium sized tart cooking
apple, peeled, cored and cut into
½' dice (approx 1 cup)

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.

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 on its acidity. A handful at a time, squeeze the sauerkraut until it is dry, then chop it as fine as possible.

Add the sauerkraut, apple and carrots to the oil mixture and toss them together lightly but thoroughly with a fork. Taste for seasoning and refrigerate until ready to serve.

*Margaret Witkowski, Love is Good Cooking