

Sauerkraut salad

4 tablespoons sauerkraut
4 spring onions trimmed and finely sliced
2 pak choi finely sliced
1 handful parsley chopped
100g roughly chopped walnuts

For the dressing:

1 tbsp raw apple cider vinegar
1 tsp raw honey
6 tbsp walnut oil
1 garlic clove finely diced
1 small handful parsley chopped

Gently squeeze any excess juice out of the sauerkraut (you can use it to start a new ferment)

Mix the sauerkraut with the spring onions, pak choi, parsley and walnuts

Whisk all the ingredients for the dressing together, mix through the salad and serve immediately. If you are not going to serve straight away keep the dressing and salad separate until the last minute

Learn how to ferment vegetables and stock your larder with delicious flavours.

Next fermenting course with Daphne at the Byres in Lewes is on June 19th and there is a 20% discount for all BDA garden club members.

email jean@greencuisinetrust.org for discount

more info www.greencuisinetrust.org/courses/#Fermenting