



# Coleslaw with Sauerkraut



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## Introduction

The sauerkraut salad, known as surówka z kiszonej kapusty, is a traditional Polish dish that offers a delightful blend of flavors and nutrients. This salad not only pairs well with various main courses but also serves as a refreshing side dish. Made with fermented cabbage, this recipe is not only easy to prepare but also packed with health benefits due to the probiotics present in sauerkraut.

## Detailed Ingredients with measures

- 300 grams of sauerkraut
- 1 small onion
- 1 carrot
- 1 tablespoon of sunflower oil
- Salt and pepper to taste
- Optional: chopped fresh parsley for garnish

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 0 minutes

Total Time: 15 minutes

Yield: Serves 4

This easy-to-make sauerkraut salad is not only nutritious but also quick to assemble, making it a perfect addition to any meal. Enjoy its tangy flavor and crunchy texture as a part of your healthy diet.



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# Detailed Directions and Instructions

## Step 1: Prepare Ingredients

Gather the following ingredients: fermented cabbage, carrots, and optionally, some onion for added flavor.

## Step 2: Shred the Cabbage

Take the fermented cabbage and chop it into smaller pieces if needed. This will ensure that it mixes well with the other ingredients.

## Step 3: Grate the Carrots

Using a grater, grate the carrots into fine pieces. This will add a nice crunch and sweetness to the salad.

## Step 4: Combine Ingredients

In a large mixing bowl, combine the shredded cabbage and grated carrots. If you are using onion, finely chop it and add it to the bowl.

## Step 5: Season the Salad

Add salt and pepper to taste. You may also want to add a splash of vinegar for extra tanginess.

See also [Ultimate Chocolate Chip Cookie Recipe](#)

## Step 6: Mix Thoroughly

Using your hands or a salad spoon, mix all the ingredients together until well combined. Make sure the seasoning is evenly distributed.

### Step 7: Let the Salad Rest

Allow the salad to sit for at least 15-20 minutes. This will enable the flavors to meld together.

### Step 8: Serve

After resting, give the salad another good mix and serve it in a dish. Enjoy the freshness of your fermented cabbage salad!

## Notes

### Note 1: Adjusting Taste

Feel free to adjust the quantity of salt, pepper, and vinegar according to your taste preferences.

### Note 2: Variations

You can also add other vegetables like bell peppers or even some seeds for extra nutrition and texture.

### Note 3: Storage

This salad can be stored in the refrigerator for a couple of days, making it a great dish for meal prep.

### Note 4: Serving Suggestions

This salad pairs well with meats and can be served as a side dish at any meal.



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# Cook techniques

## Shredding cabbage

Shredding cabbage finely is essential for creating a tender and flavorful coleslaw. Use a sharp knife or a mandoline for uniform slices.

## Mixing ingredients

Thoroughly mix the ingredients to ensure even distribution of flavors. Use your hands or salad tongs to gently combine the cabbage and any additional ingredients.

## Seasoning

Proper seasoning enhances the flavor of the coleslaw. Use salt, pepper, and other spices to taste, adjusting according to personal preference.

## Resting time

Allow the coleslaw to rest for a period before serving. This lets the flavors meld and the cabbage soften slightly, improving the overall taste.

See also [Hot Sausage Beer Cheese Dip](#)

## Storage

Store coleslaw in an airtight container in the refrigerator. It can be kept for a few days but is best enjoyed fresh.

## FAQ

**Can I use other types of cabbage?**

Yes, you can use various types of cabbage, such as red or napa cabbage, for different flavors and colors.

**Is it possible to add other vegetables?**

Absolutely! Feel free to include grated carrots, bell peppers, or other crunchy vegetables for added texture and flavor.

**How long can I store the coleslaw?**

Coleslaw can generally be stored in the refrigerator for up to 3 days, but it's best when fresh.

**Can I make coleslaw ahead of time?**

Yes, you can prepare coleslaw in advance. Just remember that the cabbage may become softer over time.

**What can I serve coleslaw with?**

Coleslaw pairs well with grilled meats, sandwiches, or as a side dish for barbecues and picnics.



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## Conclusion

The fermented cabbage salad is not only a delicious and refreshing side dish but also a healthy option that brings numerous nutritional benefits. Its crisp texture and tangy flavor make it a perfect accompaniment to various meals, enhancing both taste and health.

## More recipes suggestions and combination

### **Fermented Cabbage and Carrot Salad**

Combine finely shredded fermented cabbage with grated carrots for an added sweetness and vibrant color.

### **Beetroot and Cabbage Salad**

Mix fermented cabbage with cooked, diced beetroot to add earthiness and a beautiful hue to your dish.

### **Cabbage Salad with Apples**

Incorporate diced apples into your fermented cabbage salad for a sweet and crunchy contrast.

### **Cabbage and Pepper Salad**

Add diced bell peppers to the fermented cabbage for a colorful and crunchy twist.

See also [Crispy Air Fryer Cauliflower Recipe](#)

### **Spicy Cabbage Salad**

Include chopped chili peppers or a sprinkle of chili flakes to give your

salad an extra kick.

### **Cabbage Salad with Nuts**

Toss in some chopped nuts, like walnuts or almonds, for a satisfying crunch and added protein.

### **Grains and Cabbage Salad**

Mix cooked quinoa or bulgur wheat with fermented cabbage to turn it into a hearty main dish.



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