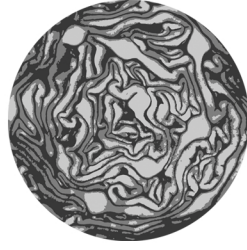


from red cabbage



MAKING INK

For a similar method
using onion skins...



You will need

- Red cabbage
- Cooking hob
- Saucepan with lid
- Silicone spoon/stirrer
- (or a wooden one you don't mind getting stained)
- Sieve
- Jug
- Jar
- Water
- Salt
- Cloves

Paper strips for testing the colour
Masking tape/labels for jars

Modifiers

- White wine vinegar
- 1 Lemon
- Bicarbonate of soda



Method

Slice your cabbage into thin strips or small chunks.

Put the cabbage in the saucepan and add water till the cabbage is just covered then put the lid on and bring it to the boil.

Once the contents start to boil, turn the heat down to a simmer and set a timer for 10 minutes. After 10 minutes, test the colour with a paper strip.

Do this every 10 minutes until you have the colour you want.
(I usually cook red cabbage for 20-30 minutes.)

Once you're happy with the colour, pour the contents through a sieve, keeping the liquid in a jug and removing the cooked cabbage (you can eat this if you want!).

Add a pinch of salt to help fix the colour, then let the liquid cool before pouring it into a jar or bottle and labelling it.

Once it's cool, add a clove to the jar and store your ink in the fridge to help preserve it.

Modifying the colour

You can use a few kitchen ingredients to alter the pH of the ink and therefore change the colour:

Vinegar / lemon = acid = pink

Bicarbonate of soda = alkaline = green

You can pour some of your ink into a separate jar and add a little vinegar to bring out the pink,
but bicarbonate of soda should only be added on the page a little at a time or it will froth up and spoil the ink.

Intensifying the colour

If you wish to intensify the colour or thicken the ink, pour the ink back into the saucepan and simmer it on the hob to reduce it.

Just watch it closely as it can reduce down very quickly leaving you with a sticky ink!

If that does happen, just add a little water to loosen it again.