

Sweet and Sour Red Cabbage

The amount of jam varies depending on its sweetness. Remove the bay leaf after the cabbage is cooked. If you like to remove the spices after the cabbage has been cooked tie them into a cheese-cloth and remove them before you serve the cabbage. I chop the onions and the red cabbage into quarter inch pieces. Red Current Jelly works well in this recipe.

Ingredients:

2 Tbs. olive oil
1/2 cup chopped red onions
1 head red cabbage (6-8 cups) chopped
2-3 apples, peeled, cored and sliced
1/3 cup jam or jelly
1/4 cup (or less) vinegar (apple cider or other)
3 whole cloves
3 whole peppercorns
1/2 tsp. salt
Freshly ground pepper (more if you omit the peppercorns)

Directions:

Heat olive oil in large pot. Add onions and cabbage and sauté for several minutes. Add about 1 cup water, and bring to a boil. Add the rest of the ingredients, reduce heat and simmer covered for about 30 minutes, stirring often. I frequently prepare this dish ahead of time. It is easy to reheat and the flavors seem to improve as leftover.

Recipe by Gerlinde de Broekert
Guten Appetit