

*Taste is in our nature*



## Red cabbage and apple

Serves 6-8

*This is a slow-cooked dish and is good with Lancashire hotpot as well as game dishes or roast pork, baked ham or baked kassler. Red currant jelly can be substituted for the brown sugar.*

*I like to cook this in a heavy cast iron pot. The vinegar helps to preserve the colour of the red cabbage.*

### INGREDIENTS:

- 1 medium sized red cabbage
- pinch bicarbonate of soda
- 2 Granny Smith apples, peeled, cored and diced
- 1 small onion, diced
- 1/2 teaspoon grated fresh nutmeg
- 1 tablespoon butter
- 3cm stick cinnamon
- 3 whole cloves
- pinch cayenne pepper
- grinding of black pepper
- 2 tablespoons brown sugar
- 1 tablespoon cider vinegar
- salt to taste

### DIRECTIONS:

Preheat the oven to 150°C.

Remove the outside leaves from the cabbage.

Cut the cabbage in half lengthwise then discard any thick ribs of the cabbage. Slice the cabbage finely.

Soak the shredded cabbage in cold water with the bicarbonate of soda for about half an hour.

Melt the butter in a heavy pan with a lid and add the onion.

Cook gently for a minute or two.

Remove the cabbage from the water and shake the water off, but don't dry it.

Add the cabbage to the pot and add the apple, cinnamon, cloves, salt and peppers and nutmeg.

Place a piece of baking paper over the cabbage and cover with the lid and place in the oven.

Cook for 1½ to 2 hours until the mixture is tender. Check a couple of times throughout the cooking time that the cabbage isn't sticking. Add a little hot water if it looks too dry.

Stir in the vinegar and sugar and serve.

*Tassie cabbages  
have loads of  
excess  
cabbage.*