

Braised Red Cabbage

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large lidded saucepan
measuring cups and spoons
cutting board and knife
peeler
stirring spoon

METHOD

INGREDIENTS

1. Into the saucepan, add

500g (1lb) **red cabbage**, coarsely chopped or shredded
1 **apple**, peeled and chopped
½ medium **onion**, finely chopped
¼ cup **apple cider vinegar**
¼ cup **red wine (or water)**
¼ cup **water**
1 TBS **honey or maple syrup** (optional)
1 tsp **pink or sea salt**
5 **whole cloves**
½ tsp **caraway seeds** (optional)

2. **Cover**, bring to the **boil**, then reduce heat to a **simmer**.

3. Continue to **simmer covered** for 90 minutes, adding more wine or water if necessary.

4. **Serve** warm or cold.

