

BRAISED RED CABBAGE (ROTKOHL)

Prepared by: Nancy Kenner, Oktoberfest 2017

Source: Kansas City Star via O'Dell Family Cookbook

1 head red cabbage, outer leaves removed, cored and shredded
3 tablespoons butter
2-3 tart apples, peeled, cored, and chopped
1 large onion, diced
1 bay leaf
½ cup white wine or cider vinegar
1 cup water
½ teaspoon ground cloves
½ cup sugar
salt and pepper to taste

Melt butter in large saucepan. Add the apples and onion and cook until the onion is transparent, about 5 minutes. Add the cabbage, by leaf, vinegar, water, cloves, and sugar. Cover and simmer 3 hours, or until the cabbage is soft and fragrant. Taste for seasonings and serve.

Note: This can be made in a slow cooker. Cook on low setting about 6-8 hours and use only ¼ cup water.

Nancy's Notes: "I would make it again. I would add more apples!"



