

2015 May 29th

Braised spicy red cabbage

Ingredients

1 medium sized red cabbage, finely sliced.
4 smoked streaky bacon rashers (leave these out for the vegetarian version) chopped into pieces about 4cm long
salt and pepper
1 medium sized onion, finely chopped
2 garlic cloves finely chopped
1 eating apple, peeled, cored and chopped.
Juice and grated rind of 1/2 a lemon
Splash of cider vinegar.
Teaspoon of maple syrup or honey
3 cloves
1 cinnamon stick
2 bayleaves.
cooking oil (if not using bacon).

What to do. Roughly speaking:

Heat a large saucepan and fry the bacon bits moving them all the time. They probably won't need any cooking oil as there's quite a lot of fat in them, but if they're sticking add a splash of oil.
Add the finely chopped onion. (For the vegetarian version the process starts here: fry the onion in pre-heated oil)
Fry for a couple of minutes stirring all the time then add the garlic and keep it all moving.
Turn down the heat, place a lid on the pan and let the onion and garlic sweat for a few minutes.
Add the cabbage. Mix it all around so that the cabbage picks up the flavours of the onions, garlic and bacon (if used).
Now add the chopped apple, lemon rind, lemon juice, splash of cider vinegar, maple syrup or honey and salt and pepper.
Mix it all up well and place the cloves, bayleaves and cinnamon stick in there gently (you don't want to break these up because you are going to try to find them & remove them before you serve).

Turn the heat right down to a gentle simmer, put the lid on the pan and cook for about 45 minutes. Stir gently and taste from time to time. Add more salt and pepper if you think it needs it. Take out the cloves, bayleaves and cinnamon before serving. Or at least warn your guests to look out for them.

