



BLAUKRAUT (RED CABBAGE)

INGREDIENTS:

- 1 large onion, Chopped
- 2 tbsp butter
- 2 lbs red Cabbage (a medium head), cored and cut in thin slices
- 1-2 apples, peeled, cored and coarsely chopped
- 1 Cup red wine
- 1 Cup water
- ½ Cup balsamic vinegar
- 3 bay leaves
- 4-6 cloves (or ½ tsp ground cloves)
- salt to taste
- pepper to taste
- sugar to taste

PREPARATION:

In a large pot, sauté the onion in the butter over medium-high heat until translucent but not browned. Add the cabbage and sauté for about 5 minutes, stirring frequently. Add remaining ingredients and cook covered for approx. 1 hour on medium heat. Stir occasionally and check that there is always enough fluid in the pot. Makes 4-6 servings.

Water may be substituted for the wine, but the wine intensifies the flavor of the cabbage.

If you have any questions, leave a comment on my blog, www.bavgirl.com.

Happy Cooking!
Claudia

