



Braised Red Cabbage With Apples

Ingredients

1 large red cabbage, 2 to 2 1/2 pounds, washed, quartered, cored and cut crosswise into thin strips
2 tablespoons canola or olive oil
1 small onion, thinly sliced
2 tart apples, such as Braeburn or granny smith, peeled, cored and sliced
About 1/3 cup balsamic vinegar
1/4 teaspoon ground allspice
Salt
Freshly ground pepper to taste

Preparation

1. Chop the cabbage and set aside while you prepare the remaining ingredients. Heat the oil over medium heat in a large, lidded skillet and add the onion. Cook, stirring, until just about tender, about 3 minutes. Add 2 tablespoons of balsamic vinegar and cook, stirring, until the mixture is golden, roughly another 3 minutes. Add the apples and stir for 2-3 minutes.
2. Add the cabbage to the pot along with 3 tablespoons of water. Toss to coat thoroughly, stir in the allspice, another 2 tablespoons of balsamic vinegar, and salt to taste. Mix well. Cover and cook over low heat for 50-60 minutes, stirring from time to time. Add freshly ground pepper and salt to taste, and add another tablespoon or two of balsamic vinegar as desired.

Advance preparation: This dish tastes even better the day after you make it, and it will keep for five days in the refrigerator. Reheat gently or enjoy at room temp topped with goat cheese and sunflower seeds.

Compliments of Martha Rose Shulman