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Spiced Red Cabbage & Apple



Ingredients

8oz red cabbage
1 medium apple
1oz butter
2 tsp oil
1 onion chopped
2 cloves garlic chopped
¼ tsp ground cloves
¼ tsp cinnamon
small grating of nutmeg
1 tsp brown sugar
1 tbsp red wine vinegar
salt and pepper

Preparation

- 1 Shred the cabbage quite finely
- 2 Chop the apple quite small leave the skin on
- 3 melt the butter and oil over a medium heat
- 4 then stir in the onion and cook it for 2-3 minutes add the apple and garlic. Sauté this 3 minutes
- 5 then turn the heat up to high
- 6 add the cabbage and stir-fry keep stirring
- 7 after it shrinks a bit
- 8 add in the spices and continue cooking for 10 minutes
- 9 once its tender
- 10 add in the sugar and vinegar.

Cooks Note
