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## Red Cabbage and Apple

## Ingredients

2 tbsp butter  
1 red cabbage – finely sliced  
1 green apple – peeled and grated  
3 cloves  
1 bay leaf  
6 tbsp apple cider vinegar  
2 tbsp unrefined brown sugar  
3 tbsp toasted walnuts – chopped

## Preparation

- 1 Combine the butter, cabbage, apple, bay leaf and cloves in a pan.
- 2 After that cook the ingredients – stirring until the cabbage begins to wilt.
- 3 Add the vinegar and stir – cook until the vinegar just starts to evaporated.
- 4 Following that stire in the sugar and mix until it all has completely dissolved – do not let it burn.
- 5 Sprinkle with walnuts to serve.
- 6 ENJOY!

## Cooks Note

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