



Posted on 30 September 2012
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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
