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by DinnerTime

Christmas Cabbage



Ingredients

Quarter 2 medium purple cabbages (approx. 1.5 kgs)
2 red onions, chopped
4 green apples, chopped
Orange zest
Onion, chopped
Garam masala
Apple vinegar
Brown or coconut sugar

Preparation

1. Chop two red onions and 4 green apples. Zest an orange.
2. Add some of the chopped onion, green apples and zest on top of the cabbage in the saucepan. Sprinkle with a generous pinch of mixed spice/ all spice/ garam masala, a splash of apple vinegar, a spritz of lemon juice (or more apple vinegar), a splash from a cup/ 250 mls of apple juice, and add a little of couple of tablespoons total of brown or coconut sugar. Keep layering the veg and other ingredients until you have used them all up. Dot with a small knob of butter on top.
3. Bring pan to the boil, then cover and cook, simmering on low heat, for 1.5 hours or until tender. No need for you to be involved, just let the stove do the work!
4. This cabbage makes a delicious side dish to all kinds of festive entrees.

Cooks Note

At DinnerTime we love snacking on veggies. This may sound boring, but not when the veg is our special Christmas Cabbage!

This recipe isn't as quick as the others, but doesn't require much effort from you at all: just bunge the veg and liquid into a pot, cover and cook on low heat till done! No need to occasionally stir either, if you are too busy dancing/ chatting/ watching cartoons with the kids/ doing what you love in the holidays!

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