

BRAISED RED CABBAGE

12 OZ	RED CABBAGE
1.5 OZ	BACON, DICED
2 OZ	ONIONS, SLICED
.125 OZ	SUGAR
3 FL.OZ	WHITE STOCK (CHICKEN, PORK OR VEAL) OR WATER
2OZ	APPLES, UNPEELED, CORED AND DICED
.5 EACH	CLOVES
.75 EACH	WHOLE ALLSPICE
,25 EACH	CINNAMON STICK, SMALL

PROCEDURE:

1. REMOVE THE OUTER LEAVES OF THE CABBAGE AND CUT INTO QUARTERS. REMOVE THE CORE AND SHRED THE CABBAGE WITH A KNIFE OR A POWER SHREDDER ATTACHMENT. DO NOT CHOP: CABBAGE SHOULD BE LONG, FINE SHREDS.
2. RENDER THE BACON IN A LARGE, HEAVY POT. ADD THE ONIONS AND SUGAR AND COOK UNTIL THE ONION IS SOFT.
3. ADD THE CABBAGE AND STIR OVER HEAT UNTIL IT IS COATED WITH FAT.

ADD THE STOCK, APPLES, AND SPICES, TIED IN A CHEESECLOTH BAG. COVER AND SIMMER UNTIL CABBAGE IS NEARLY TENDER, ABOUT 30 MINUTES.

.5 FL.OZ	RED WINE VINEGAR
1 FL.OZ	RED WINE OR MORE VINEGAR
TO TASTE	SALT
TO TASTE	PEPPER

4.ADD THE VINEGAR AND RED WINE AND SIMMER ANOTHER 10 MINUTES. REMOVE SPICE BAG.

5.TASTE AND CORRECT SEASONING. IF NOT TART ENOUGH OR COLOR IS NOT RED ENOUGH, ADD MORE VINEGAR.

IF USING WHITE CABBAGE: SEASON WITH 1 BAY LEAF, 6-8 PARSLEY STEMS, 6 PEPPERCORNS AND A PINCH OF THYME INSTEAD OF CINNAMON, CLOVES, AND ALLSPICE. OMIT SUGAR, APPLES, WINE AND VINEGAR. BUTTER MAY BE USED AS THE COOKING FAT IF DESIRED.

AGRICULTURE EXPO 2024