

GERMAN RED CABBAGE

- 1 large onion, sliced thin
- 1 head of red cabbage, sliced very thin
- 1-2 apples sliced thin
- 1 Tbsp. caraway seed
- Juice of 1 lemon
- 3-4 Tbsp. non – hydrogenated cold pressed oil
- 4 Tbsp. of Turbinado sugar (unbleached raw
cane sugar) or 3 Tbsp. honey
- Salt and pepper to taste
- ¼ cup cooking wine
- 1 Tbsp. unbleached flour or 1 Tbsp. arrow root



Marinate red cabbage, apples, caraway seeds, salt, pepper and lemon approximately 2 hours. Press and cover mixture. In a large cooking pot, sauté onion in oil until limp, then add marinated cabbage mixture and sauté for approximately 15 minutes. Add butter and turbinado sugar and ½ cup of water. Simmer for 2-3 hours and lastly, add cooking wine and arrow root dissolved in 2-3 Tbsp. of water. (Dried honey-sweetened cranberries or baked, peeled chestnuts make a good compliment when added the last 15 minutes of cooking).