

# Red cabbage stewed

## Ingredients

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2 lbs red cabbage, shredded  
3 pc Apples , shredded  
¼ cup apple vinegar  
1 cup orange juice  
2 cups cranberry juice  
2 cups apple juice  
2 cups red wine  
1 oz ginger fresh, finely chopped  
2 tbsp Cooking oil  
3 oz sugar, Caramelized  
2 pc white onion, julienne  
1 pc raw potatoe large, russet or idaho  
salt, to taste



## Method

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1. Marinate the shredded red Cabbage and Apples with all the liquid ingredients for a few hrs
  2. Add the oil to a pot big enough to hold the marinated cabbage and slowly caramelize the Sugar. When light brown add the sliced onions and toss for 3 minutes.
  3. Add the marinated Cabbage including all the liquids to the pot and stir frequently until the mix comes to a boil. Turn the heat back to an active simmer so water can slowly evaporate.
  4. Peel and shred the large potato and add to the stewing cabbage, the starch of the potato will help binding the stew and giving it a silky texture.
  5. It will take a few hours , approximately 2, of slow simmer to break down the cabbage and evaporate the water. As the process goes along salt and pepper can be added to taste keeping in mind the cooking process reduces the stew down.
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Source: NIC (8 servings)

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