

Becky Makes...

BRAISED RED CABBAGE

1 small Red Cabbage, sliced, core removed/discarded
25g Butter
1 large Onion, sliced
½ teaspoon ground Allspice
¼ teaspoon grated Nutmeg
1 Bramley Apple, peeled and grated
2 tablespoons Wine Vinegar
2 tablespoons Soft Brown Sugar (or Light Muscovado Sugar)
100mls Water
2 tablespoons Redcurrant Jelly
Salt and pepper to season

Serves 4

Cook on the hob in a large, lidded saucepan or flameproof (e.g. cast iron) lidded casserole dish. Transfer to a warm serving dish to serve.

1. Fry the onion gently for 5 minutes
2. Add the cabbage, apple, spices, sugar and liquids and stir thoroughly to mix well
3. Bring to the boil then cover with the lid and simmer for 1 hour, stirring occasionally.
4. Remove from the heat and stir in the redcurrant jelly. Season with salt and pepper to taste
5. Empty the pan into a warm serving dish to serve

NOTE: This freezes well but use a plastic container rather than foil as the vinegar may react with foil and alter the flavours

(There is no demonstration video for Bonus Recipes)

BONUS
RECIPE