

Braised Red Cabbage with Apples, Raisins and Chestnuts

Ronnie Fein - Connecticut Post
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Servings: 6

3 tablespoons vegetable oil
1 medium onion, chopped
2 tart apples, peeled and chopped
1/2 cup golden raisins
1 medium (2 to 2.5 pounds) red cabbage, shredded
1 bay leaf
1/3 cup brown sugar
2 cups water
1 cup red wine (or use water)
1/2 cup red wine vinegar
2 tablespoons lemon juice
4 whole cloves

Heat the vegetable oil in a large, deep saute' pan over medium heat.

Add the onion. Cook for 2 minutes.

Add the apples and raisins and cook for another minute.

Add the cabbage, bay leaf, brown sugar, water, wine, wine vinegar, lemon juice and cloves.

Toss the ingredients to distribute them evenly.

Cover the pan. Simmer the ingredients for one hour, stirring occasionally.

Bury the chestnuts in the cabbage. Cook for another 20 minutes.

If there is too much liquid in the pan, remove the cover, raise the heat and cook for a few minutes to reduce the liquid.

Per Serving (excluding unknown items): 182 Calories; 8g Fat (35.5% calories from fat); 1g Protein; 31g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.