
Sweet and Sour Red Cabbage

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

2 to 2-1/2 pounds red cabbage
1/2 cup red wine vinegar or 1 cup red wine
2 to 3 tablespoons brown sugar
2 tablespoons bacon fat, butter or margarine
2 teaspoons salt
2 medium cooking apples, peeled and cut into wedges
1 small onion, finely chopped
1 small bay leaf

Wash the red cabbage. Discard the outer leaves. Cut into quarters and slice finely. Toss in a large mixing bowl with vinegar, sugar and salt until evenly coated.

In a heavy pan, melt the fat. Add the apples and onions. Cook for 5 minutes, stirring frequently, until the apples are lightly browned. Add the cabbage and bay leaf.

Cook over low heat for 2-1/2 to 3 hours, covered, stirring occasionally.

Taste for seasoning and add salt and pepper if desired.

Side Dishes

Per Serving (excluding unknown items): 197 Calories; trace Fat (0.5% calories from fat); 1g Protein; 50g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 733mg Sodium. Exchanges: 1/2 Vegetable; 3 Other Carbohydrates.