



THE ingles TABLE

Mark Keady

Braised Red Cabbage with Apple and Onion

Ingredients

1/2 head red cabbage (cored and sliced thin)
1 large Gala Apple or 3 small apples (cored and sliced thin)
1 Yellow onion (sliced thin and halved)
3 TB apple cider vinegar
1 TB Maple Syrup or 1 TB white sugar
1/2 cup water
1 TB butter
Salt/Pepper



Directions

Melt the butter in a big pot or dutch oven, and add onion and apple. Cover and cook for 5-6 minutes until fragrant and onions are slightly translucent. Add cabbage, vinegar, maple syrup, water and salt and pepper. Mix well. Bring to a boil. Reduce heat. Cover and continue to cook for another 15-20 minutes on medium heat until cabbage is tender. Best served with pork or chicken.