

Sweet and Sour Purple Cabbage

(Rotkohl)



This was a dish that Grandma Block really liked a lot. Once, when she was eating at someone else's table, her plate came with a serving of what looked like red cabbage.

She could hardly wait to sample it, and when the "cabbage" turned out to be shredded beets, she was terribly disappointed. The incident ruined her whole day! Soon after that, we made sure that she got some real German-style red cabbage.



It is good to assemble all you're ingredients ahead of time
So let's cut and measure everything out first.

This feeds 4 to 6 people

Ingredients:

6 cups red cabbage, shredded
2 tablespoons chopped onion
3 tablespoons brown sugar
1/3 Cup vinegar
1/3 cup red wine
1 chopped or grated apple
1/4 Tsp. Ground cloves
Salt and Pepper

1. Measure out the vinegar, red wine, brown sugar and cloves



First cut the cabbage. This is about half of a medium size head of cabbage. You can double the recipe and use the whole head as it freezes really well. I am not a huge fan of buying the pre shredded red cabbage, It is easy for me to chop it. However if time is tight or you hate chopping, then by all means do it.



Chop the apple up into quarter inch chunks

Any kind of apple works here.

I like a sweet and tart apples the best.

My last choice would be a Red Delicious apple.



Chop the onions into a fine dice.
I am using a white onion here.
You can use a purple onion as well.



Place all the ingredients in the pot.

I don't find the need to sauté any of the vegetables before hand. I just add it all and bring to a simmer.



Simmer till the cabbage is tender. This is about 20 to 30 minutes. Taste it during the process and adjust the flavor balance. If it is not sweet enough then just a touch more sugar.

Don't add too much of anything at one time.

Add your salt and pepper to your taste.



This dish is great with any kind of a roast or with Bratwurst, Schnitzel or even Fish.