German Braised Red Cabbage

Ingredients:

Small red/purple cabbage
1 apple
½ medium, sweet onion
4 TB of sugar
4 TB apple cider vinegar
½ tsp salt
¼ tsp ground black pepper
1 tsp yellow mustard seeds
1 TB oil (EVOO or AVO)

Directions:

Start with the cabbage by removing the outer leaves and quartering. Shred cabbage all the way down to the core (the core can be quite bitter so you can keep it or throw it on the compost pile).

Next take a small apple (whatever variety you prefer), quarter and core (leaving the skin intact). Then slice the apple quarters fairly thin and julienne them into matchstick size pieces.

Do the same with onion. Think slaw consistency- you want everything about the same size.

Take the apple and onion and place in a large Dutch oven or good heavy pot with a lid. Add one TB of oil and sauté on medium heat until the apples and onions start to soften. Add in the shredded cabbage. Turn the heat down to low or medium-low.

Next, add 4 TB sugar, 4 TB apple cider vinegar, 1/2 tsp salt, 1/4 tsp ground black pepper, and 1 tsp yellow mustard seed. Stir to combine everything really well.

Put the lid on the pot and cook until tender (approximately 30-40 minutes). Cook less for the cabbage to have more of a bite and less for the cabbage to be softer. Open the lid and give it a stir once or twice while cooking.

Season to taste, if needed, before serving and that's it!!