

Garden to Fork – German Style Red Cabbage

Rotkohl is a German diet staple! Enjoy it as a sweet and sour, colorful side with grilled or roasted meat dishes.

Ingredients

- 1 head of red cabbage. Remove any wilted outer leaves and the core. Thinly slice
- 2 TBSP butter or vegetable oil
- 1 chopped onion
- 1 tart apple, peeled and grated
- ½ cup apple cider vinegar
- ¼ cup sugar
- ½ teaspoon salt
- ¼ teaspoon black pepper

Recipe steps

- Melt butter in a large pot over medium heat. Add onions and apples. Cook until tender, about 5 minutes.
- Stir in the cabbage and mix well. Cook an additional 2-3 minutes or until the cabbage begins to wilt.
- In a separate bowl, mix vinegar, sugar, salt and pepper.
- Pour over cabbage mixture.
- Cover the pot and bring to a boil.
- Reduce heat to low and allow to simmer 1 ½ to 2 hours until cabbage is tender, stirring occasionally.



Guten Appetit! Alaine