

Braised Cabbage, Apple and Walnuts

Every cook's repertoire needs to include a few vegetable dishes that are as good on their own as they are accompaniments. This one is an excellent complement for pork, ham and sausages.

Ingredients

450g white or green drumhead cabbage
450g red-skinned eating apples
1 medium red onion
2-3 tablespoons butter or vegetable oil
150ml medium-dry cider
1 tablespoon honey
1 teaspoon caraway seeds
100g walnut pieces
salt to taste

Remove the stalk and any outer, damaged leaves from the cabbage, shred finely and wash and drain well. Quarter and core the apples, and chop finely, leaving the skin on. Sweat the onion in half of the butter/oil in a heavy-bottomed pan. When soft, add the cabbage, apple, cider, honey, caraway seeds, and a little salt, and stir. Bring to the boil and cook uncovered on a medium heat for 15-20 minutes, stirring occasionally; the apple should be well cooked and the cabbage slightly crisp. Season / sweeten to taste. Melt/heat the remaining butter/oil in a small pan, add the walnuts and cook on a medium heat for no more than three minutes. Add these to the cabbage/apple mixture and serve.

IPA Bulletin, Volume 22 No. 2, May 2005