

Sautéed Red Cabbage – October 2012

1 Tbl. Butter + 1 Tbl. Canola oil
2 medium-sized red onions, diced
1 large Jonagold apple, chopped
1/2 head (small head) red cabbage, julienned
1 Tbl. Red wine vinegar
1 Tbl. Balsamic vinegar
1 Tlb. Sugar
Salt & Pepper to taste

Melt the oil in large skillet. Add the chopped onions. Sauté until tender. Add the shredded red cabbage. Sauté for 5 minutes; stir often; add chopped apple, vinegars and sugar. Simmer for 10-15 minutes until cabbage and apples are tender. Stir occasionally to prevent sticking. Adjust salt and pepper to taste.

[Loosely based on the recipes of Horst Mager and Rachel Ray on next page.]

Horst Mager's Recipe for Sweet & Sour Red Cabbage

This recipe is from friend Horst Mager, who owned The Rheinlander Restaurant in Portland.

- * 1/2 cup butter
- * 1 large onion, chopped

- * 1 cup applesauce
- * 3/4 cup red wine vinegar
- * 1/4 cup sugar
- * 2 teaspoons salt
- * 1 teaspoon black pepper
- * 1 bay leaf

- * 1 large head red cabbage, cored and slices
- * 1 large apple, peeled and diced

In a large pot melt the butter. Sauté the onion until translucent. Add the applesauce, vinegar, sugar, salt, pepper, and bay leaf. Bring to a simmer. Add the cabbage and apple and toss to combine. Bring to a simmer and cook till the cabbage is tender.

Sautéed Red Cabbage – Rachael Ray

2 tablespoons extra-virgin olive oil

1 small onion, sliced

1/2 red cabbage, shredded

1/3 cup white or apple cider vinegar, eyeball it

2 rounded tablespoons sugar

1 teaspoon mustard seed

Salt and pepper

Heat a skillet over medium high heat. Add oil and onion and sauté 2 minutes. Add cabbage and turn in pan, sautéing it until it wilts, 3 to 5 minutes. Add vinegar to the pan and turn the cabbage in it. Sprinkle sugar over the cabbage and turn again. Season with mustard seed, salt and pepper and reduce heat a bit. Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally.