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Bavarian Braised Cabbage Recipe

Ingredients:

- 2 - 3 Tbsp olive oil
- 1 onion, sliced
- 3 Tbsp sugar
- 1 garlic clove, crushed
- ½ large white (green) cabbage, coarsely chopped
- salt, pepper
- 1 tsp caraway seeds
- 1 cup water or broth
- 1 Tbsp vinegar (to taste, optional)

Instructions:

1. In large pot, heat olive oil. Add onions and brown slightly.
2. Add sugar and let caramelize.
3. Add cabbage, garlic, caraway seeds, and water or broth. Season with salt and pepper.
4. Bring to boil and simmer, covered, about ½ hour or until cabbage is tender, stirring occasionally and adding extra water if needed.
5. Season with more salt and pepper if necessary and add vinegar if desired.

Hints:

- To thicken sauce, dissolve 1 - 2 Tbsp corn starch in a bit of cold water. Slowly add just enough to boiling liquid until thickened.
- Make sure you use vegetable broth if you're making this vegan. If not, either chicken or beef broth works really well.