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German Red Cabbage Recipes

1. Oma's German Red Cabbage

Ingredients:

- 2 - 3 Tbsp butter, oil, or bacon fat (oil, if making this vegan)
- 1 onion, diced
- 1 head red cabbage, shredded
- salt, pepper, sugar
- ground cloves, vinegar, cornstarch

Instructions:

1. In large pot, heat butter, oil, bacon fat, or combination. Lightly sauté onion.
2. Add red cabbage. Continue to sauté for several minutes, stirring. When some of the cabbage has browned, add about 1 cup of water.
3. Add about 1 tsp salt, some freshly ground pepper, about ¼ tsp cloves, and 2 tsp sugar. Stir.
4. Bring to simmer, cover. Simmer for about 30 - 60 minutes or until cabbage is tender. Add water as necessary and stir occasionally during simmering.
5. Add about 2 Tbsp vinegar. Taste and season with more salt, cloves, pepper, sugar, and vinegar as needed.
6. Mix about 2 Tbsp cornstarch with cold water and slowly stir in just enough to thicken red cabbage liquid. Serve.

Hints:

- The traditional "red cabbage" is cooked till almost the "mush" stage. If you prefer, you can slice the cabbage instead of shredding and cook it only about ½ hour instead if you prefer a cabbage dish with a bit of 'bite'.
- For an extra quick red cabbage recipe, use canned or jarred red cabbage and season with extra ground cloves and vinegar as needed. Thicken with corn starch as above.
- If you only have whole cloves, you can cut your onion in half and stud the cut side with 4 - 6 whole cloves. Omit the sautéing part for the onion. Remove the onion (with the cloves) before serving.
- This goes really well with almost any German meat recipe, especially traditional with rouladen or schnitzel.

<http://www.quick-german-recipes.com/red-cabbage-recipes.html>

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2. Roswitha's Sweet and Sour Red Cabbage

Ingredients:

- 2 lb red cabbage
- salt
- 1/3 to 1/2 cup firmly packed brown sugar
- 3/4 tsp allspice
- 4 whole cloves
- 1/2 cup cider vinegar
- 1/4 cup butter

Instructions:

1. Set out a heavy 3-quart saucepan.
2. Remove and discard wilted outer leaves of red cabbage. Rinse, cut into quarters, and coarsely shred. Should have about 2 quarts (8 cups).
3. Put shredded cabbage into saucepan and add boiling salted water to cover. (1 tsp salt per quart of water.) Add brown sugar, allspice and cloves.
4. Cover loosely and boil at medium heat for about 8 - 12 minutes or until cabbage is just tender.
5. Remove from heat and drain.
6. Add cider vinegar and butter to cabbage and toss together lightly to mix well.
7. Makes 6 servings.