

U The Lexingtonienne U

BRAISED RED CABBAGE

Adapted from the Joy of Cooking

- 1 head red cabbage, quartered, cored, and cut into thin, crosswise slices
- 3 T butter
- 3 T finely chopped onion
- 1 apple, peeled, cored, and cut into matchsticks
- 1/2 C pan juices OR 3 T red wine vinegar + 2 T honey
- Salt & pepper to taste

Immerse cabbage in a bowl of cold water. (I don't know the exact reason for this step, but I will tell you that when I poured out the water after soaking the cabbage in it, it was SMURF BLUE.)

Meanwhile, melt butter in a heavy braising pan, skillet, or Dutch oven over medium-low heat. Add onion and saute until golden. Lift the cabbage from the water and add it to the pan along with the apples. Cook for about 2 minutes, then add liquid (either the pan juices or vinegar + honey). Salt & pepper to taste. Cover the pan and cook over medium-low heat until the cabbage is very soft, about 1 to 1 1/2 hours, adding more pan juices or boiling water if needed during cooking.

