



Swiss Red Cabbage

Start by chopping up an onion (Note : The onion is optional as the original recipe did not add any onion) adding it to a large pot with sunflower oil on a medium heat, then chop a red cabbage in half, slicing it into smaller chunks, add to the pot and stir. Add half a cup of malt vinegar then add a cup of Muscovado brown sugar, stir to caramelize. Add salt and pepper add the chopped apples then add the sultanas or raisins stir till finish.

Christmas twist...Add some loose cranberries instead of sultanas, and star anise (adds a smell of aniseed) and some zest of an orange.

INGREDIENTS

Red Cabbage
Cooking apples x2
Onion Chopped
Sultanas
Malt Vinegar half a cup
Muscovado Sugar
Salt and Pepper