

Red cabbage with apples *(Side dishes)*



Preparation

Peel the apple and cut it into cubes. Peel and slice the onion. Cut the cabbage into strips. Melt the butter in an earthenware pot, then add the onion until it's softened. Then add the diced apple and the clove. Stir and leave it till the apple starts to soften. After a few minutes, add the cabbage and sugar. Let the sugar dissolve. Stir, add salt, pepper and vinegar. Cover, reduce the heat and simmer for 45 minutes. If necessary, add a ladle of water. It will be ready when the cabbage is soft. Serve hot.

Tips

When you buy a cabbage, make sure that it is compact and has fresh, bright, firm leaves of a good strong colour. Store it in a plastic bag in the least cold part of the fridge for a few days.

Trivia

Cabbages have restorative properties, they are anti-inflammatory, antiseptic and anti-neuralgic. Eating them frequently helps to improve disease resistance. The only contra-indication is for those who suffer from thyroid disorders. In addition, it may be useful for those who suffer from acne: take a leaf, remove the main rib and crush it with a rolling pin until liquid appears on its surface, then apply this to your face.

Information

Preparation 60 minutes

Total Time 45 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Cabbage 500 grams (Red)

Apples (1 apple)

Tropea red onions (A red onion)

Brown sugar (A tablespoon of brown sugar)

Apple vinegar (Three tablespoons of apple vinegar)

Cloves (1 clove)

Salt

Pepper

Butter (A knob of butter)

Bay leaves (A bay leaf)