



## Braised Red Cabbage

Serves 6-8, preparation time 10 mins, cooking time approx 1 hour

1 large red cabbage  
50g butter  
Olive oil  
1 large onion, chopped  
2 Bramley apples, peeled and roughly chopped  
100ml dark malt vinegar, plus more if necessary  
Grated zest of 1 large orange  
2 heaped tbsp soft brown sugar  
Handful of raisins (optional)  
300g Walnuts (optional)  
Salt and black pepper



Cut the cabbage into quarters, remove the core and slice the leaves thinly. Alternatively, put them in a food processor, using the finest slicing disc.

Heat the butter and a splash of oil in a large pan. Add the chopped onion and let it soften, then add the cabbage. Stir it to coat well, then add the apple, vinegar, orange zest and soft brown sugar, raisins and walnuts. Season with salt and pepper.

Cook for about an hour over a gentle heat or in a moderate oven (190 °c/gas mark 5). Check the cabbage regularly to make sure it's not sticking, adding more vinegar if necessary, until it has softened to a lovely, glossy deep red and nearly all the liquid has been absorbed.

Make this as sweet and sour as you like by adding more or less brown sugar and vinegar to taste. Freezes well.