



Vegan Braised Red Cabbage with Apples

⌚ Preparation time: 20 minutes
Cooking time: 60 minutes
Total time: 80 minutes

👤 Portions: 4

Ingredients (serves 4-6)

- 750 - 800 g (26.4 - 28.2 oz) red cabbage (a small to medium head)
- 2 apples
- 70-80 g (2.8 oz) onions
- 3 tbsp. apple vinegar
- Salt
- 25-30 g (0.7 - 1 oz) margarine
- 3 tbsp. balsamic vinegar
- 200 ml (6.7 oz) red wine (can be substituted with more water but tastes delicious)
- Pepper
- 1 small tsp. ground allspice (pimento) (or simply crush 6 fruits in a mortar)
- 4-5 bay leaves
- 5 cloves
- 1 tbsp. maple syrup
- 1 orange/100 ml fresh orange juice
- Parsley for garnish

Instructions (20 minutes preparation + 1 hour cooking time)

1. Cut the red cabbage finely. Core and dice the apples. Peel and chop the onion.
2. Add 3 tablespoons cider vinegar and a pinch of salt to the sliced red cabbage and knead vigorously with your hands. This makes the red cabbage soft and elastic. Let the red cabbage sit for about 15 minutes.
3. Melt the margarine in a pot and sauté the onions for 2-3 minutes. Add red cabbage and fry for 3-4 minutes. Stir again and again.
4. Deglaze the ingredients with balsamic vinegar and red wine (or water). Add a generous pinch of salt and pepper, allspice, 4-5 bay leaves, 5 cloves, 1 tbsp. maple syrup, the juice of an orange and 250 ml (1.05 cups) water. Fold in the apple pieces.
5. Let the ingredients simmer gently for at least 1 hour on a low heat with the lid closed. After about 10 minutes cooking time add another 150 ml (1.26 cups) of water and let the cabbage simmer gently. Add again about 150 ml water 15 minutes later. Stir again and again and add a little more water if necessary. Season the red cabbage with salt & apple vinegar towards the end of the cooking time and optionally a little more maple syrup.
6. Remove cloves and bay leaves after cooking. Leave the red cabbage to stand while the lid is still closed. It can be reheated effortlessly after 4-5 days.
7. Serve the apple red cabbage sprinkled with parsley as desired.

Tip: The red cabbage tastes particularly good if it is left in the fridge for one night and then warmed up again.