

# Braised Red Cabbage

Nancy Walsh

Traditional Swedish Recipe

## Ingredients

2 heads red cabbage,  
halved, cored, shredded

2 to 4 tablespoons butter  
(or spray olive oil and 2  
tablespoons butter)

1 to 2 tablespoons  
molasses

2 to 3 apples, peeled,  
sliced

1 onion, chopped

juice of 1 lemon

½ cup red wine or red  
wine vinegar

salt



## Directions

Put shredded cabbage to soak in cold water.

Meanwhile, in a Dutch oven, melt butter and sauté onion and apples until slightly soft.

Add molasses and cabbage, then sauté 3 to 4 minutes.

Add lemon juice, wine, and salt.

Simmer, covered, 1½ to 2 hours, stirring occasionally.

Add more liquid as needed.

Serve with roast poultry or Christmas ham.

## Comment

This traditional Swedish recipe makes a colorful addition to a smorgasbord or as an accompaniment to game or Swedish Christmas ham. It goes a long way!