



RED CABBAGE

This slow braised cabbage dish is absolutely delicious lots of our customers who tried the recipe for the first time at christmas have told us how much they enjoyed. It can be cooked well ahead and reheated or eaten cold

Sophie Grigson's Sweet & Sour Red Cabbage (Sophie was a very welcome visitor to our farm last summer—this is a lovely recipe from her 'Country Kitchen' book)

1 Red Cabbage * 1 lge Cooking Apple peeled, cored and cut into chunks * 1 onion, sliced * 30g/1oz caster sugar * 60g/2oz light muscovado sugar * 4 Allspice berries (or tsp ground) * 1 Cinnamon stick (or half tsp ground) * Half tbs Caraway seed (optional) * 30g/1oz butter * Big glass red wine (or Port or Orange Juice) * 2 tbs red wine vinegar * Salt & Pepper

Quarter cabbage cut out core and shred rest thinly. Layer in casserole with apple onion, sugars and spices. Salt & Pepper. Dot with butter and pour over wine and vinegar. Cover tightly and cook over low heat or in oven (150 C / Gas 2) for 1.5 to 2 hours until cabbage is soft and most of the liquid has been absorbed. Check seasoning and serve or better still leave to get cold and reheat to serve the next day.

This is lovely cold served with cold meats too.

PTO FOR A QUICK 'STIR FRY' alternative recipe

Hallwood Farm
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SPEEDY STIR FRIED RED CABBAGE

Melt 1oz/25g butter & 2tsp oil in a heavy bottomed pan over med heat, cook 1 small chopped onion for 2-3 mins then add 1 med apple cored but not peeled and 2 cloves chopped garlic and cook for another 2-3 mins then turn heat up to high and add 225g/8oz shredded Red Cabbage turning/mixing all the time. After 5 mins or so sprinkle in quarter level tsp Ground Cloves, Quarter level tsp, Ground Cinnamon and a few gratings of Nutmeg and some salt & pepper. Turn heat down and cook for 10 mins stirring now and again. Try a piece of cabbage and when tender turn the heat up again and add 1 tbs red wine vinegar and a level tsp brown sugar and stir thoroughly.

Can be made in advance and reheated

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