

BRAISED RED CABBAGE (ROTKRAUT)

INGREDIENTS

1 medium head red cabbage
2 tablespoons vegetable oil
1 medium onion, sliced
1 quart water
1/2 cup red wine vinegar
1/2 cup sugar
salt and pepper to taste
1 bay leaf
juice of 1/2 lemon

DIRECTIONS

Wash cabbage, drain; cut or slice fine (as you will be making cole slaw).

In a large dutch oven over medium heat, heat vegetable oil and sauté onion for 3 or 4 minutes. Add water, vinegar, sugar, salt, pepper, bay leaf, and lemon juice. Stir; bringing to a boil. Add cabbage. Reduce heat, cover and let simmer 45 minutes, or until tender. Just before serving, sprinkle flour on top to absorb liquid.