



Sweet & Sour Cabbage

serves 6

- 1 large red cabbage, about a pound
- 1 large yellow onion, peeled and thinly sliced
- 1/3 cup raisins (golden or brown)
- 2 tablespoons red wine vinegar
- 2 tablespoons dark muscovado
- 1/2 pound apples, peeled, cored and sliced
- 2 tablespoons unsalted butter, in small pieces
- 1/2 teaspoon ground allspice
- 2 teaspoons caraway seeds
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- Grated zest and juice of 1 orange

Preheat the oven to 300°F.

Mix all the ingredients together and pile into a baking dish or ovenproof casserole.

Cover with a lid or aluminum foil and bake for 2 1/2 hours, removing the foil for the last 20-30 minutes of cooking to let the cabbage and apples caramelize. Serve hot, at room temperature or cold. Leftovers will keep in the fridge for several days.