



# Braised Red Cabbage with Apple

## Ingredients

1 x Red Cabbage  
1 x Red Onion  
1 x Large Cooking Apple  
1 x Cinnamon Stick  
20g Light Muscavado Sugar

½ Tsp Nutmeg  
500ml Welsh Farmhouse  
Medium-Sweet Apple Juice  
2 x Tbsp Red Wine Vinegar  
Salt & Pepper to taste

## Method

1. Shred the red cabbage, finely slice the red onion. Peel and finely slice the apple.
2. Add to the pan with all the remaining ingredients.
3. Place the lid on the pan and cook on a low heat for approximately 1 hour stirring from time to time to prevent it from burning.
4. When the cabbage is tender, remove the pan from the heat and discard the cinnamon stick. Serve hot.
5. Once cooled, the cabbage can be stored in an air-lock container overnight.
6. To reheat simply place on the stove with 1-2 tbsp water (depending on the amount remaining) and heat for 20-25 minutes.