



Red Cabbage with Juniper

A delicious winter dish of red cabbage flavored with juniper, redcurrant and apple.

Serves : 4

Preparation Time : 5 minutes

Cooking Time : 30 minutes

Ingredients

2 tbsp olive oil
1 onion, finely chopped
1/2 large red cabbage, cored and finely shredded
1/4 pint / 150 ml vegetable stock
1 tbsp redcurrant jelly
1 tbsp white wine vinegar
salt and pepper seasoning
1 eating apple, peeled, cored and finely chopped

Herbs & Spices

6 Juniper Berries

Cooking Instructions

Lightly crush the juniper berries with the back of a spoon. Heat the oil in a medium heavy-based pan and fry the onion gently until soft. Add the juniper berries and fry until they start to release their aroma. Add the red cabbage, stock, redcurrant jelly, vinegar, salt and pepper. Bring the the boil and over and simmer for 15-20 minutes. Add the apple, cover again and simmer for a further 10 minutes. Check seasoning and serve.