

## Sweet and Sour Red Cabbage

Author: Adapted from Gourmet, Sept. 2006



**2 slices thick-sliced bacon, chopped**  
**1 tablespoon vegetable oil**  
**1 medium onion, chopped**  
**1 small red cabbage, halved lengthwise, cored, and sliced 1/4 inch thick (or white cabbage, or mixture)**  
**1/4 cup red wine vinegar**  
**3/4 cup water**  
**2 tablespoons sugar, or Splenda**  
**1/2 teaspoon caraway seeds**  
**1 1/4 teaspoons salt**  
**3/4 teaspoon freshly ground black pepper**

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 111 Calories; 7g Fat (51.9% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 772mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.*

*Carolyn T's*  
**Main Cookbook**

**Servings: 4**

*Notes: You want to serve this when the cabbage is just barely tender (and not overcooked) so it still has pretty bright-purple color. Have all ingredients ready before you begin.*

1. Put oven rack in middle position and preheat oven to 450°F.
2. Cook bacon in a 4- to 5-quart wide heavy pot over moderate heat, stirring occasionally, until crisp, and transfer with a slotted spoon to paper towels to drain. Measure fat and, if less than 2 tablespoons, add enough vegetable oil to bring total to 2 tablespoons. Heat fat over moderately high heat until hot but not smoking, then cook onion, stirring occasionally, until it begins to turn golden, about 2 minutes. Add cabbage and turn with tongs until coated with fat. Stir in red-wine vinegar, water, sugar, caraway seeds, 3/4 teaspoon salt, and 1/4 teaspoon pepper and braise cabbage over moderately low heat, covered, stirring occasionally, until tender, 25 to 35 minutes.
3. Meanwhile, pat 2 pork chops dry and sprinkle both sides with 1/4 teaspoon salt and 1/4 teaspoon pepper (total). Then pat both sides of chops with the Italian seasoning. Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown seasoned chops, turning over once, 5 minutes total, and transfer to a shallow baking pan (1 inch deep). Season remaining 2 chops and brown in oil remaining in skillet in same manner, transferring to baking pan. Roast chops in oven until thermometer inserted horizontally 2 inches into center of a chop (do not touch bone) registers 145°F, 5 to 8 minutes.
4. Meanwhile, stir half of bacon into cabbage, then finely chop remaining bacon for sprinkling.
5. Let chops stand in pan, loosely covered with foil, 5 minutes. Serve chops over cabbage, with any pan juices spooned over and sprinkled with bacon.