

ground beef, Pork

Unstuffed Sweet-and-Sour Cabbage

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Internet Address: <http://www.gourmet.com/recipes/2000s/2008/11/unstuffed-sweet-and-sour-cabbage>

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1 head cabbage (2-lb) quartered lengthwise and cored

1/2 cup low-sodium chicken broth

3 garlic cloves, thinly sliced, divided

1 large onion, thinly sliced

1 tablespoon olive oil

1/2 pound ground chuck

1/2 pound ground pork

28 ounces canned tomatoes, including juice

1/3 cup dried cranberries

3 tablespoons red wine vinegar

1 tablespoon packed dark brown sugar

1/2 teaspoon caraway seeds

1/2 teaspoon fennel seeds

1/2 teaspoon oregano, crushed

2 tablespoons Italian parsley, chopped

Salt and pepper to taste

Serving Ideas: Serve with steamed rice or mashed potatoes

Per Serving (excluding unknown items): 370 Calories; 15g

Fat (34.8% calories from fat); 30g Protein; 33g

Carbohydrate; 4g Dietary Fiber; 81mg Cholesterol; 543mg

Sodium; 22g Total Sugars; trace Vitamin D; 125mg

Calcium; 5mg Iron; 935mg Potassium; 301mg

Phosphorus. Exchanges: .

Servings: 4

If you cook the meat mixture longer, uncovered, some of the broth and juices will cook away. If you want all of that liquid, just cover the pot instead.

1. Cut cabbage into wedges and place cabbage in a deep 12-inch heavy skillet with broth, 1 garlic clove (sliced), and a rounded 1/4 tsp salt. Bring to a simmer over medium heat, then cook, covered, turning cabbage occasionally, until very tender, about 45 minutes. (Add more broth or water if necessary.)

2. Meanwhile, cook onion and remaining garlic in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, about 8 minutes. Increase heat to medium-high and stir in ground meats along with 1/2 tsp each of salt and pepper and the herbs (caraway, fennel and oregano). Cook, stirring and breaking up lumps with a wooden spoon, until no longer pink, about 3 minutes.

3. Stir in tomatoes with their juice, cranberries, vinegar, and brown sugar and simmer, uncovered, stirring occasionally and breaking up tomatoes with spoon, until slightly thickened, about 20 minutes. Season with salt and pepper to taste.

4. Pour sauce into skillet with cabbage and simmer, uncovered, 5 minutes. Serve sprinkled with parsley. Pour any broth from the cabbage into the mixture too. Can be served with rice or mashed potatoes. If you're watching carbs, it's a filling meal as-is with just cabbage and the meat sauce.

Carolyn T's Blog: tastingspoons.com