

Braised Cabbage and Brussels Sprouts Slaw

Joanne Weir, Plates and Places TV show



Servings: 4

Serves 6

1. Place the celery seeds and the caraway seeds in a mortar and with a pestle, gently grind the seeds.
2. Warm the oil in a large frying pan over medium high heat. Add the Brussels sprouts and cook, stirring and shaking the pan occasionally, until the Brussels sprouts are golden on the cut side, about 3 to 4 minutes. Add 3/4 cup of the Riesling and continue to cook until the Brussels sprouts are almost cooked and the Riesling has evaporated, about 3 to 4 minutes. Remove from the pan and set aside in a large bowl.
3. Melt the butter in the frying pan over medium high heat. Add the cabbage, celery, caraway, and junipers berries and cook just until the cabbage begins to wilt, about 4 minutes. Add the remaining 1/2 cup Riesling and cook until the Riesling has evaporated, about 4 minutes.
4. Over medium high heat, add the Brussels sprouts to the cabbage and toss gently together. Cook until hot, 2 minutes.

- 1 teaspoon celery seeds
- 1 teaspoon caraway seeds, crushed
- 6 juniper berries, crushed
- 1 tablespoon vegetable oil
- 3/4 pound Brussels sprouts, halved
- 1 1/2 cups Riesling wine
- 2 tablespoons unsalted butter
- 1/2 head cabbage, red or green, 1-inch dice

Per Serving (excluding unknown items): 265 Calories; 10g Fat (47.0% calories from fat); 3g Protein; 21g Carbohydrate; 4g Dietary Fiber; 15mg Cholesterol; 33mg Sodium; 9g Total Sugars; 0mcg Vitamin D; 61mg Calcium; 2mg Iron; 447mg Potassium; 77mg Phosphorus.
Exchanges: .

Carolyn T's Blog: tastingspoons.com