

Braised Red Cabbage and Apples (Helen Ptashnik's)

From [Jewish] Recipes Remembered (cookbook); recipe credited to Helen Ptashnik)



An old-world method of mellowing out red cabbage and red onions.

- 2 large red onions, thinly sliced
- 2 tablespoons vegetable oil
- 1 large red cabbage, about 2 pounds, shredded
- 1 tablespoon kosher salt
- 4 whole apples, Granny Smiths, Cortlands, or Macintoshes
- 1/4 cup honey
- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 1/4 cup tomato sauce
- 2 small tomato, pureed or finely diced (or one large one)
- 1/4 cup lemon juice, freshly squeezed (approx.)

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

This recipe came from a Polish immigrant, an Holocaust survivor, who came from Stopnits, Poland. Her daughter, Meira Fleisch, wrote the story about her parents' escape from the death camps, about them settling in Italy, then Israel. She has fond memories of this onion-cabbage-apple dish on their family's holiday table.

1. Heat oil in a medium saucepan, cook and stir the onions, over medium heat, until just soft, about 10 minutes.
2. While the onions cook, shred the cabbage (or very finely slice). Add the cabbage to the pot and sprinkle with salt. Using tongs, toss the onions and cabbage so the salt is evenly distributed. Continue cooking until the cabbage has cooked down some and begun to release its liquid, about 10 minutes.
3. Meanwhile, peel and slice the apples. Combine all the remaining ingredients in a small bowl.
4. Add apples and the sauce to the pot, stir to combine, reduce heat to low and simmer, covered, for about 2 hours, stirring every 30 minutes. Do not stir too vigorously or you will break down the apples. Season to taste with salt and pepper, or with more lemon juice if desired. Serve hot as a side dish.

Per Serving (excluding unknown items): 148 Calories; 4g Fat (21.7% calories from fat); 1g Protein; 30g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 847mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates.