

Braised Red Cabbage

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

Braised cabbage is fantastic with just about any pork recipe. As good as this is when made fresh, there is something that happens to the sauce after it cools in the refrigerator overnight. I swear it's actually better the next day as a leftover.

Step 1: Preparing Your Mise en Place

- 3 oz (85 g) pancetta (optional)
- 3 cloves fresh garlic
- 4 shallots
- 1 each/24 oz (680 g) small red cabbage
- 1 tbsp sugar (15 g)
- 1/2 cup red wine
- 1 tbsp (15 ml) balsamic vinegar
- 2 tbsp (30 ml) red wine vinegar (or more balsamic)
- 1 tsp orange zest (optional)
- 3 granny smith apples (450 g)

To prepare your mise en place, dice the pancetta. Mince the garlic and shallots. Remove the core from the cabbage and dice into bite-sized pieces (or cut into 1/4" -inch strips). Gather the sugar, red wine, vinegar(s) and orange zest (if using). Lastly, peel the apples and have a box grater standing by.

Step 2: Braising the Cabbage

- 3 tbsp grapeseed oil
- kosher salt (to taste)
- freshly ground black pepper (to taste)

To braise the cabbage, first heat a large, heavy-bottomed pot over medium-high heat. Once hot, add the oil, pancetta and shallots. Sauté until the pancetta is browned and the shallots have softened. Add the garlic and continue to sauté for about a minute. Then add the cabbage and stir to coat. Add the sugar, stir and continue to cook until it starts to caramelize. While this cooks, grate the apples right into the pot. Then add the wine, vinegar(s) and orange zest. Check for seasoning and add salt and pepper to taste.

Cover and simmer over low heat for at least 45 minutes or until cooked through and tender.

Lately I've been putting the entire pot with lid into a 300 F degree oven and letting it slow cook for 3 hours or more. Stirring each hour of course. The development of flavor that results from this slow cooking method can not be achieved quickly on the stove top.