



eatwise

Spiced red cabbage (Serves 6)

This is best made a day ahead as the spices really have a chance to infuse... or make it well ahead of time and freeze the following day, then just take it out to defrost the day before serving. Delicious with chicken, pork, turkey or venison.

- 1 red cabbage (about 900g)
- 1 medium onion, finely sliced
- 1 large Bramley cooking apple
- 1 tablespoon olive oil
- 3 star anise (if you can't find the whole spice, use 1 tsp Chinese 5-spice powder)
- 1 cinnamon stick (or a teaspoon ground cinnamon)
- 3tbsp Xylitol natural sugar substitute (or light muscovado sugar)
- 3tbsp red wine vinegar
- 100g dried cranberries (sugar free if possible) or fresh cranberries

1. Prepare cabbage by cutting into quarters, removing the thick white stalk and then shredding finely with a knife or in a food processor.
2. Prepare the cooking apple, peeling, cutting into 8 and slicing finely.
3. Preheat oven to 140°C (fan oven).
4. Heat a very large pan or wok and fry onion in olive oil over a medium heat for a few minutes until softened but not brown. Add star anise and cinnamon stick (or spice powders) and fry, stirring for a minute to release the aromas. Add Xylitol or sugar and continue to stir for a minute.
5. Add vinegar and bring it to the boil then stir in red cabbage, sliced apple and cranberries and mix well, cover and simmer for a few minutes until the cabbage has reduced in bulk. Season to taste with sea salt and freshly ground black pepper.
6. Transfer into an ovenproof dish with a well-fitting lid, cover (or use a double layer of tin foil if the dish doesn't have a lid). Braise for 60–90 minutes depending on how soft you like the cabbage.