



If like me you're not fluent in Polish, this is the Red Cabbage side in the foreground!

Ingredients:-

1/3 of a Red Cabbage, shredded
½ a Cooking Apple, grated
½ Tsp of Salt
2 Tbsp of Margarine
2 Tbsp of Plain Flour (Gluten free for us)
30ml of Cider Vinegar
½ Tsp of Sugar
1 Bay Leaf
2 Allspice Berries
4 Whole Peppercorns
300ml of Water

Method:-

- (1) Heat the Cabbage in Water just enough to soften it.
- (2) In a pan melt the Margarine then add the Flour and stir to brown for 30 seconds.
- (3) Add the Cabbage and the liquid.
- (4) Add the Vinegar, Allspice, Apple and Sugar, stirring well.
- (5) Cook over a medium heat until the water evaporates, stirring occasionally.

We love acidified Red Cabbage and this version with Allspice Berries had a real wow factor.

